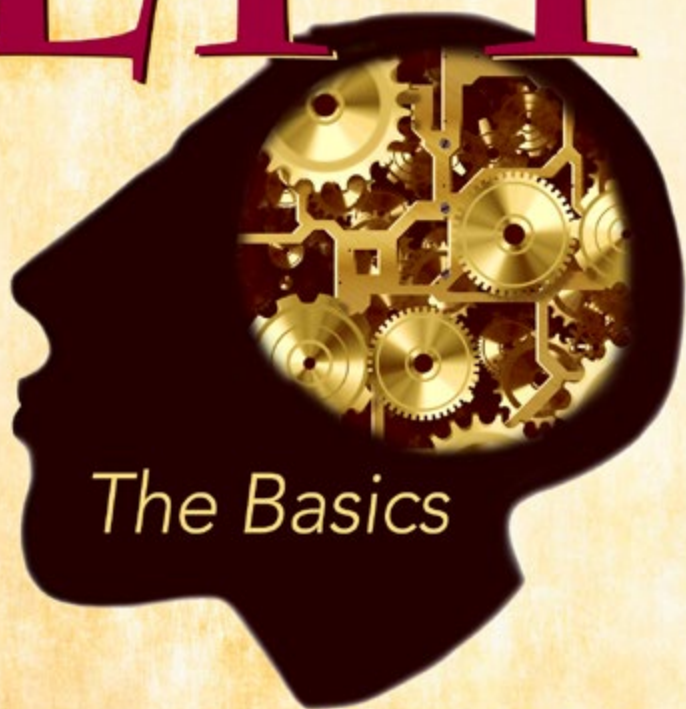


CHANGE YOUR MIND

with

EFT



The Basics

ANGELA TREAT LYON

What people say about *Change Your Mind with EFT*

Marion, Coach *****

I was engaged right from the start, and I am not new to EFT. This book has something for everyone. I am already an Angela Treat Lyon fan, but she never disappointed me. This book is an all-star winner.

Lisa Elliott ****

I'm new to the technique, but Angela Treat Lyon has made it clear and concise for me to understand and use. I'm very happy with this book.

Gayla C., Entrepreneur *****

I highly recommend this book. It is not a sit down and read cover-to-cover book - I read it like I would eat a box of fine chocolates, bite by bite. I read a section, then digest it and let it make sense in my awareness, then read a little more. Since Angela writes in sections, that is easy. She has a straight-forward, empathetic style that attracts me. No garbage, no fillers, just kernels of hard won truths. This book is a keeper!

Cindy Cieplik, Energy Practitioner *****

I love the way you treat the subject...openly and honestly. No woo-woo here! As an energy practitioner myself, I can honestly say that this is a wonderful contribution to the world of healing. This is a must-read if you have an interest in real tools for real people to transform their lives.

What people say about *Change Your Mind with EFT*

Rebecca Marina, Energy Practitioner *****

Five stars! I have read many books on EFT and this one by Angela Treat Lyon is superb! I highly recommend it as a tool you can use forever. Angela's explanations are so clear that anyone can be tapping successfully within a very short time, relieving anxiety, phobias and more.

Joyful Sunrise, Artist *****

I have taken part in Angela's EFT online tapping sessions, however, this book is tops. Angela Treat Lyon presents real solutions to real problems using this method of emotional release. She covers a multitude of situations in which to use her method. Written in easy to understand clips, you can feel release of your own concerns, even before you begin to tap.

Recently, a tragedy so great in my life left my heart sick, replacing joy with fear. I no longer felt secure, and was left in confusion with no solution. Weakness and despair set in. Although I wasn't sure it would help me resolve the feeling of hopelessness I was experiencing, I used her methods. I am now able to feel peace and I will keep tapping toward recovery.

This is a remarkable book. It is a tremendous gift to all of us who read it. I am amazed and pleased that I am beginning to feel whole again.

CHANGE YOUR MIND

with

EFT

the Emotional Freedom Techniques

The Basics

Illustrated

ANGELA TREAT LYON

Change Your Mind! with EFT: the Basics - Edition #4

How to use EFT, the Emotional Freedom Techniques (tapping).
Discover how to clear your emotions and your thinking, and to
eliminate destructive limiting habits so you can think straight, feel
better and be able to create the life you've always wanted.

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Published by Out Front Productions

Kailua, Hawaii, USA • Lyon@EFTBooks.com

ISBN-13: 978-1519565136

ISBN-10: 1519565135

EFT was originated by Gary Craig. Many thanks to EFT Master
Dr. Patricia Carrington for her brilliant introduction of the Choice
phrase to the EFT protocol.

This book designed, illustrated, & created
for you by Angela Treat Lyon

You'll be interested in these EFT sites:

EFTBooks.com

EFTinEveryHome.com

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Facing page image: original oil painting:

Going Home by Angela Treat Lyon



To my sons, Aaron and Isaac
with all my love.

You are the best—you are my rising stars.
I believe in you.

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REMEMBER THIS:

**Uncomfortable emotions =
a disrupted energy system
+ incorrect/unaligned thinking**

Introduction

Change Your Mind!

Reclaim Your Energy!

Imagine having the fullest life possible, with all the bells and whistles. Do you doubt that's possible? Does that little nagging voice in your head say, "yeah right?"

Take heart. Using EFT, you can make it happen. You can be among the thousands of people world-wide who've gotten themselves free from all kinds of pain and upset.

**When you learn and use EFT on
a regular basis, you can improve your life
more and more every single day.**

My clients, students and I have all made fast, easy and dynamic changes in our lives since we started and kept using EFT—radical, real, lasting and positive.

Once you make the dynamic decision to change your own mind—about your beliefs, ideas, values, emotions—how you want your life to be, and what you'll do to get it that way— I'm sure that you will, too. So, welcome to the Emotional Freedom Techniques. Start today to create a better life for yourself.

Why this book?

I'm an artist. I specialize in oil painting and stone sculpture, and I write, illustrate and publish books. I love it when people tell me my work lights up their life. That's pretty good motivation to me, and makes my day every time I hear it.

I also love to inspire people to see beyond their everyday thought patterns into more options and possibilities. So right alongside my passion for art, I've also had a life-long interest in psychology, alternative health and energy healing therapies, and quantum physics.

Over the last 50 years, I've trained and been certified in many healing modalities, systems and traditions, right along with my continued and very extensive training in the visual arts.

When I found EFT-founder Gary Craig's website, I immediately saw the tremendous potential for self-healing using EFT. I devoured all the information I could get, and started using it, myself. After a very short time, I had incredible results, and wanted to share them with Gary. I wrote him an email detailing some of the experiences that I'd had using EFT. He put my email in his newsletter, and I got emails from all over the world in response.

One of these was from EFT Master, Dr. Patricia Carrington, a highly respected and accomplished therapist in the USA. She's the one who initiated the use of the Choices statement, which I will introduce you to later on in this book. She liked the way I wrote, and told me she thought I should write a book on EFT.

Yikes! Me?

I felt scared, shy, overwhelmed—and wow—it would be my first publicly-released book! But people have told me time and again, “Angela, your life has been so amazing! You should write a book!”

And it’s true—my life *has* been pretty of the ordinary—but up until now, I couldn’t for the life of me think what I wanted to write about. It would have to be something that would get me all fired up and excited.

There are enough art books out there already—that wasn’t what I wanted to write about. I didn’t want to write kids’ books, although it would be fun to illustrate one. But nothing else came to mind, so I had always put the idea away.

I never put two and two together to see that I could write on the very things that have plagued/gifted me throughout my life, the ideas and issues that I am intensely interested in: living artfully, doing my best to live my potential, getting a handle on emotions and the actualization, manifestation, expansion and refinement of my own consciousness, health and well-being.

So upon Dr. Carrington’s suggestion, I decided whatever I wrote would have to be a manual for EFT users, since I had experienced the efficiency and power within the EFT system for myself. This amazingly simple tool had provided the key I had been looking for my entire adult life, and I wanted to share that with anyone who was remotely interested in shifting from a yugh life—or even an OK life—to a phenomenal one.

EFT is the Key

It's all well and good to think about The Workings of the Universe, Quantum Physics and all those fancy theories: the Universe is One and all that. But just exactly how do we go about using the implicate information in a daily, practical way?

EFT helps us do just that, and this is a book that explains how. In my experience, EFT is hands-down the easiest, fastest, most simple and consistently effective tool I have ever used in my quest to improve my life.

Not only does it work on what I don't like about my life, I can also use it to improve—and expand upon—what I *do* like about my life, as well. I know that once you start using it, you will find it as indispensable as I do.

Focus: on blocks or creativity?

I've noticed that the bulk of the information I find about energy therapies deal mostly with releasing pain, getting relief from this or that upset, handling blocks, limitations and restrictions. That's obviously a very good place to start—if I have a two-ton block of stone sitting in front of my studio door, it's going to be hard to get in, much less paint. Gotta remove that block.

So we work on our blocks and impediments a bit—or a lot—and they're transformed into neutral, clean, usable creative energy. But once the blocks are gone, why would we keep focusing on them?

**Why not focus on what we
would prefer to build and maintain?**

I say, why not empower ourselves, and create a different experience for ourselves?

We really can use EFT to do all of that.

So, in this book you will read about energy; about intent, awareness, and attention; about using EFT to not only clear disrupted energy from your system, but also creating, enhancing and expanding your life and creating an exciting new experience of wholeness.

Privacy

For the sake of privacy, I have changed the names of the folks whose sessions I have recorded here. Some of the sessions I refer to have similar aspects, so I have sometimes compounded them into one story for illustration's point.

One person I will freely and gratefully name here, though, is Freda, my dear friend and ally. I spent a year and a half in Gore, New Zealand as Artist-in-Residence and Life Coach. That's where I wrote this book.

Without Freda (who at the time was 72 and sharp as a tack—maybe sharper!—and still is), who claimed me as her Special Guest the entire time, I could never possibly have had the incredible experience I did have.

Such a kind, intelligent and loyal friend one would be lucky to find once in a million years. I find it utterly amazing that someone will actually put up with you day after day of your hiding out in your room, writing! Thank you, Freda!

Details

The Great Scientific Discourses about the Hows and Whys of Healing and the Nature of the Universe will have to fall to the more detail-oriented scientists and prove-it people to do: I'm someone who explores different territories and comes back to tell you what I've found: a hands-on personal explorer, dream-holder or torch bearer.

So rather than putting together a stiff, scientific treatise, I wrote this book in a very informal fashion, imagining that you are sitting right here with me. I wanted to write the book I couldn't find when I first learned to use EFT.

Experts?

I've read many books by so-called experts on many subjects. I have tried their techniques, systems, and methods, with wildly various results. Since life really is a subjective experience, with one man's help being another's pain, I begin to wonder if there really is such a thing as an expert.

Perhaps it might be more responsible to say someone has Great Expertise at something. Even Gary Craig, who initiated and founded EFT and has done thousands of sessions on himself and other people, still refuses to call himself an expert. Such humility—would that all of us could be so.

A disclaimer

In that light, please know that this is written from the point of view of someone who has found an extraordinary tool; who has used it on herself and with others with magnificent results. And

that those results are possible for you, as well. As I said, I'm an artist, writer, educator, performance/success coach/trainer, radio show host and EFT sites-owner—I am not a physician, psychiatrist, psychotherapist, or physical therapist.

My interest in EFT has been and still is in using it for myself and sharing it with interested others so they can use it, too. I care deeply about the quality of my life, your life, and life in general. As such, I do my best to do my best. And so, I am going to say this:

Please note that I will never advise you to stop working with your present health professional, or to use EFT as a replacement for your physician or therapist.

If you are presently taking prescribed medication and/or working with a health professional of any kind, please keep on doing so. Only stop or modify your work with them when you both decide that it is appropriate to do so.

EFT is a very exciting tool, and I urge you to introduce your health care-giver to EFT. More and more professional health-care providers are using it—why not yours, too?

Recycle!

Some of us have mountains of pain. Some have little bits that hardly amount to a hill of beans. No matter what the perceived amount of pain, or how many problems we might have, I believe that every shred of the energy that goes into that pain can be transformed into energy that is re-usable. Personal recycling! It's easy now, with EFT.

A request

Please be gentle with yourself as you learn and use EFT. There are many reasons why we have phobias, fears, blocks and obstacles. Sometimes those phobias, fears, blocks and obstacles come along to ride with us in the front seat, and we sometimes live with them for very long times.

They even function to serve us in many cases—in certain parts of our past, we would have even been in danger without them. When they become inappropriate and when we can't bear them anymore, we seek help.

Somehow in this crazy life, taking good care of everyone else but ourselves has become the norm, as we simultaneously forget to take care of ourselves. Please—use EFT to transform your old pain, fear and blocks, *and* take really good care of yourself as you do so.

EFT Master Lindsay Kenny recommended **Change Your Mind!** in her EFT classes for a long time until she wrote her other course books—here's what she says:

"I've just got to tell you, Angela, I really love **Change Your Mind!** I like the layout, the writing, the way you have different fonts to emphasize the various parts of the text, its easy-to-handle size, and your fabulous, original illustrations. Most of all, I love the way you make EFT so easy to learn and fun to use. Of all the books I've seen on EFT, yours is by far the BEST!"

~ EFT Master Lindsay Kenny,

Life Coach, Founder of ProEFTInstitute.com

Avoid being in a rush

EFT is help—really, really BIG help. When you use this big help, please, be present with yourself as much as you can be as you take yourself through your expansion process.

That's not to say you have to be a namby-pamby nice-nice person as you move through your issues—scream, swear, cuss, yell and rant and rage if you like! But please, make sure you do it so no-one, including yourself, gets hurt.

So. I hope you enjoy the book, and get a lot out of it!

Angela Treat Lyon
Gore, New Zealand 2002

Change Your Mind! with EFT: the Basics
Uncomfortable emotions = a disrupted energy system plus incorrect thinking

**EFT is intentionally designed to be as
easy and pain-free as possible.**

**Let it be!
The old no-pain-no-gain idea is out!**

Chapter 1

What Is EFT?

Remember this statement, because it is the basis of everything in this book:

**Uncomfortable emotions =
a disruption in the body's energy system
accompanied by incorrect/unaligned thinking**

So, what is EFT?

The Premise: as you can see above, the system of EFT, the Emotional Freedom Techniques, is based on the premise that the cause of all negative emotions is a disruption in the body's energy system.

The Process: EFT is a short, easily memorizable, easily applied process for making dynamic, positive change in your life.

The process itself is a simple combination of the use of either silent or spoken statements combined with the stimulation of specific energetic points on the body (points also used in acupuncture).

This stimulation can change, dislodge and dispel unwanted, blocking and disrupted energy; and allows the body's natural energy flow to once again resume in a natural way.

You stimulate points on the meridians of the mind/body system, as you focus on, or tune in to, problems, issues or even new choices.

During this process, the energy that has been formerly tangled up within you is transformed: it has either been released from the body, or has shifted its form to free-flowing energy now usable by your system.

Who can use EFT?

EFT can be used by, on or for adults, children, babies, plants and animals, both tame and wild, near and far. You can use it on yourself, friends, family, business associates and clients. I've even used it on my computers!

EFT is almost too good! It is elegant, dynamic and superbly effective in the majority of cases.

In its combination of psychology and energy, EFT can be used to address problems in just about any area of our lives: physical, emotional, mental, spiritual, relational, financial, sexual, recreational, and more.

Woo-woo?

I invite you to suspend your past ideas and disbelief here—I don't want you slamming the book down screaming, "this is woo-woo! Not for me!"

If someone has given this book to you or you have picked it up because you've tried everything you know without success, and you're willing to try just about anything new to get over the pain that's ruling your life—whatever form that pain might take—then honor yourself long enough to keep reading and giving EFT a try before you really do put it down. Thanks—I know you'll be happy that you did! Sometimes it takes more courage to buck old belief systems to heal yourself than it does to actually do the work.

Body/mind

Just as wave and particle, explicit and implicit, are two aspects of the same thing, manifest and unmanifest, body and mind are now understood to be two aspects of the same thing.

Did you know that, in the past, it was assumed that the mind and the body were separate units?

No one was really sure where the mind was. (They still aren't!)

In the early 14 and 15th centuries, it was 'common knowledge' that the mind was in the belly.

In other times and cultures, the mind was believed to reside in the heart, or the liver, or the spleen...or even outside the body!

Now it is more widely believed that we are embodied within integrated body/mind/spirit systems. It is also pretty commonly recognized by those in 'higher learning' that the energy in the body plays a massively important role in our physical/mental/emotional makeup:

Mental and emotional blockages can impede physical functioning.

Physical and emotional blockages can impede mental functioning.

Physical and mental blockages can impede emotional functioning.

Clues

When there is a blockage or disruption somewhere in your body's energy system, a clue will come to the surface in one system or the other to let you know there is something wrong: symptoms, messages, red flags to which you need to pay attention in order to:

1. know there is a block,
2. be able to clear it away or shift it, and
3. make a new choice about it.

What it all boils down to is that if there is a blockage, or disruption, in the energy system, whether physical, emotional, mental or spiritual, our ability to live a full life will be impeded.

Thus, the inference is that all any symptom means is that there is a disruption in the energy system of the mind/body. When you see any symptom, you then know there is a disruption. This is really important to grasp, and is the very foundation of the work you will do using EFT.

Your symptoms can vary immensely—from almost imperceivable to life-threatening, and from acne to cancer to a mild tickle in the throat, a pounding heart, sweating, clammy palms, a headache or an itch.

Disruption can manifest as fear of heights, a phobia of spiders, water or open spaces. It can show up as a tendency to get cold, to feel depressed, to fall asleep or fidget, addictions or negative tendencies or beliefs. It can manifest in perpetual conditions like always being broke, experiencing rotten relationships, and being accident prone.

But now you can use EFT to help yourself get free from restriction, pain, discomfort, upset or dissatisfaction.

Starting upwards

Since I like to start with what I prefer to create in my life first, and move through the obstacles as I travel down that road—rather than always focusing on what's wrong in my life—I'm going to give you a list here of what you can use EFT to create in your own life.

Maybe you might want to move towards some of the things on the list, yourself.

EFT can help you expand:

- specific health aspects
- general health
- physical comfort
- public speaking ability
- sport performance abilities
- dance, singing, & other performance activities

Change Your Mind! with EFT: the Basics

Uncomfortable emotions = a disrupted energy system plus incorrect thinking

ability to learn
self-esteem
improvement for people in permanently
compromised physical, mental or emotional states
improved ability to communicate
improve relationships of all kinds
the ability to receive and create prosperity
the ability to handle and increase wealth
improve business and marketing
and much more.

Here are some of the problems from which thousands of people
of all ages all over the world have gained relief:

EFT can help you relieve:

headaches & migraines
chronic pain
traumatic memories of:
war, rape, abuse or molestation
fears and phobias
depression
limiting beliefs, emotions or habits
anger, rage, tension
chronic negative attitude
weight gain/weight loss
nail-biting
anxiety and despair
fear of public speaking
performance anxiety
self-doubt and self-hatred
confusion and foggy mind
all kinds of cravings and addictions
many kinds of physical illness
chronic pain and illnesses

nightmares
fear of dentistry
and so much more there isn't room here.

Big/small

Using EFT, it's possible to rapidly clear blockages from your body's energy system, producing greater comfort, peace and pleasure in your life. The disruption can be miniscule, simple, enormous or complex. EFT can be used to address any of them. Notice I say "address." As far as I know at this writing, no one at this point claims to have had 100% success with clearing all problems with EFT. Maybe one day we will—I hope so.

As EFT practitioners, we are encouraged to say that EFT's success rate has been conservatively estimated at 20 to 60%.

However, in my own use of EFT on myself, clients and groups (and for the majority of other practitioners and EFT Masters who use EFT on a regular basis), I've experienced a very much higher rate than that—more like 90%.

EFT enables you to clear blockages from your energy system. This clearing results in your body's ability to return—as much as is possible—to its natural state of ease and health.

**Remember: whatever the symptom,
it simply indicates a disruption
in the energy system of the mind/body.**

Who can benefit from EFT?

Adults, children and babies, and believe it or not, even plants and animals, both tame and wild, near and far.

I invite you to keep that open mind and decide to have a load of fun while you're experimenting with EFT—remember that this isn't a dress rehearsal—this is LIFE!

Make it as good as you can while you can! Exploration with EFT is a journey, an amazing, great experiment! With each passing year, we have a better idea of what EFT is capable, yet there is so much more we still have to learn.

**Use EFT on everything,
and see what results you can get!**

On the following pages in this book are illustrations showing what happens on an energetic level when you are traumatized, when you use EFT tapping to get relief, and finally, after tapping.

I've added pages to the ends of some of the chapters so you can use them for your notes. It's my hope that you'll feel free to write, underline, scribble, dog-ear or otherwise mark up and make this book totally personal as you make EFT, one of the most powerful self-help systems ever, your very own for the rest of your life.

**Remember to dream up and choose
a life you'd prefer to have—and focus
on that as you go along.**

Chapter 2

The Letter that Started It All

The email

I'm including here the letter I sent to Gary Craig, because it shows the amazing results I got from my first uses of EFT. Maybe it will inspire you to try for similar ones, as well.

When I sent it, I had no intention that anyone else would ever read it, and assumed that he had so much correspondence that it'd probably take him ten years to get to even read it, and that would be that when he did. I had no idea that he was as up on his correspondence as he was.

He called me within a couple days of my sending it! Since I wasn't in, he left a message—asking for permission to use my email in his website newsletter! As a still slightly star-struck newcomer to EFT, imagine my surprise to find a message from him on my machine!

It was 11 at night his time when I called him back. He was a little groggy, about to fall asleep. I had thought it was 10 pm, which is late but acceptable in my book. I realized as soon as

I heard his voice that it was too late. Uh-oh. Oh well, here we go, I thought. But he was very nice, and we talked for a couple minutes and signed off. In that brief few moments, he hit on something that shook my tree big-time.

A newbie! Huh!

He asked me how long I had been using EFT, and I told him that I'd been using it only a month or so. "Oh," he said, "you're a newbie!"

Insulted!

Feeling how I did about myself (not good!) at that point in my life, I took his comment as an insult—that I wasn't good enough, that I was "only" a newbie.

I didn't get it right away that those were my own critical inner voices, and that, in order to feel better about what he'd said—and myself—all I had to do was use EFT to tap on what I had heard!

Instead, I felt insulted, and took what he said personally. Nor did I know at the time how much he loved to hear from newbies and values the results they got. I was therefore surprised when I saw my email in his newsletter.

So here's the note I sent him (and not to worry, I have long-since tapped on taking things personally!). You will read later on in this book about the 'writing on our walls', or what I call personal scripting. The first part below is Gary's note to the newsletter recipients, talking about my letter.

**“Newbie uses EFT on depression,
allergic reactions and more”**

Hi Everyone,

In recent times I have been corresponding with Angela Treat Lyon, an EFT newbie living in New Zealand. As you can tell from her letter below, she has been diligently using EFT on herself with remarkable success on a wide variety of issues.

At the end she details some of her healthy self-realizations which, of course, are typical of the cognitive shifts and belief changes that come about with EFT.

This letter should be particularly useful for EFTers to give to skeptical newbies. It provides impressive evidence of EFT’s possibilities and carries additional weight because it comes from another newbie—a peer, if you will.

Hugs, Gary Craig



Gary—

August 2002

First I want to say how grateful I am that you have found (evolved, discovered, hit upon—???) the EFT process. It has been an absolutely amazing journey over the past month that I have been using the technique—I can tell you my life has changed so radically it blows me away—my attitude is so great even I notice it! After almost 40 years of depression that’s a big one—

Training background

I'm an American artist living in Gore, New Zealand, currently in the position of the first Artist in Residence for their town's Art Gallery. I've spent a lifetime in the realm of art, developing my sculpture and painting to the point that I finally can say what I feel through them.

I am also an ordained minister and life coach, and I have trained in the metaphysical and healing arts, from rebirthing and past life regression to hypnotherapy, Druid Dreaming and channeling to Philipino psychic surgery, esoteric HUNA and other ethnic studies; Reiki, Holographic Repatterning, Brain Balancing and Neural Integration and NLP. I'm a trained Master in the Avatar courses, and have as well multiple other various communication and mediation skills and systems.

I mention all this in order to say that, in all my life, with all the various disciplines and modalities I've studied, esoteric or not, EFT is the one technique I have gotten the very most out of in the very shortest time. I am completely awestruck. So I thought I'd write and tell you about a few very striking breakthroughs I have experienced in only the past 3 weeks.

The dentist

1) I've had some of the most horrendous experiences imaginable at the dentist—from experiencing the shock of having had the wrong tooth pulled out to multiple root canals done all at once with ineffective novacain, to sexual molestation in the chair when I was a young teen. Needless to say, it's been a bit of a struggle to get myself to the dentist for anything at all.

I lost a filling 2 years ago. I finally made up my mind to have it taken care of last week. That's how bad it was—I just DID NOT want to go. I couldn't get to sleep the night before I was to go—lying in bed sweating, heart beating, not able to breathe—in such a state of panic, in fact, that I forgot about EFT, which I had been assiduously applying to every other aspect of my life for the last 3 weeks since I had learned about it.

Finally, at 3 a.m., my mind cleared enough that I remembered EFT, and I did about five rounds of tapping: “even though: I can't remember what to say, I don't know what to say, I'm panicking, I can't sleep, and I'm never safe in the world, etc.” After that last one, which seemed like the core of the issue, I slept soundly and got up at 8 the next morning with no feeling of having lost hours of sleep and energy to panic whatsoever.

Intention

Everything went well until the dentist appeared with The Long Needle. My heart flew out of my mouth and ran out down the street, with my mind right after it—I was a quivering blob of jelly in the chair, mindless and just knowing I was about to die.

All my being knew was that here was a man who was traumatizing and attacking me, and I was trapped in this chair. My mouth was frozen open with a constricted gag at the back of my throat. My hand-hold was so tight on the arms of the chair I was surprised I didn't break them off.

But—this time I remembered there was something I could do—even though that was *all* I knew, because I once again couldn't remember what to do or say.

I thrashed about with what was left of my mind until finally, in desperation, I said quite loudly (internally that is), “I can’t remember what to say, you do it.”

And it did. Whatever IT is, it did it. In 2 seconds flat, I was calm as could be, my mind was back, serene and calm, and my heart had returned to its normal place within my chest, at a normal heart rate.

I was astounded. From that moment on, the rest of the visit was fine—no more trauma, no more pain or even perceived about-to-be pain. At all.

GC COMMENT: This is a first class example of doing EFT with intention only (no physical tapping). This can be a very useful tool in some circumstances. Please note below the important cognitive shift that accompanied this “round” of EFT.

And what is really cool is that the perceived trauma and attack ideas were gone, replaced with a complete reframe, that “this man is actually doing me a service.”

Allergic reaction

2) Another experience concerns massive allergic reaction. I had a near-fatal bout with heavy metals starting 12 years ago that took several years to work itself out.

The cleansing process was intense and very painful. It eventually included the purging of substances from vaccinations and environmental poisons that I had been exposed to over the years, as well as the metals (cadmium, mostly—I was told it was from second hand smoke—my parents smoked like chimneys).

My kidneys took a beating, as did my liver and adrenal glands. As a consequence, I still break out in terrible rashes if I eat or even smell certain substances or foods (like tomatoes, potatoes, or wheat, modern perfumes, hairspray, solvents, polishes, enamel paints or gasoline fumes....).

This time, I had eaten wheat. It was an ingredient in a soup a friend had made. In the middle of the night I awoke to swollen, burning, histamine-filled, rash-covered hands.

The rash itches so terribly that it MUST be scratched, or insanity is soon to follow. But then, if I scratch enough to relieve the itch, it suddenly stings like crazy, even bleeds, and the next day the hands and/or feet are swollen to the point of being balloons affixed to the ends of the arms/legs, useless and painful for a minimum of three days.

This time, remembering my dentist experience, I was prepared! I tapped, "even though I am having this reaction, I...." and so on. It only took about 6 quick rounds before I could actually feel the swelling start to go down. I did about 10 rounds in all, and after I covered some lingering stuff, the swelling went down. The itching completely subsided, and I went right back to sleep.

Paint fumes

3) Today as I was painting our front door with enamel paint, the swelling and itching tried to come, and I immediately started EFT by saying, "even though I'm painting with this enamel paint and am afraid I will react, I" and within about a minute all the swelling and itching were gone.

This is such a fabulous thing. I can't tell you the hours I have spent dealing with hands and feet too swollen to even think about using them, much less wanting to feel them. I've suffered through hours of crying and frustration and pain. Feeling like I had to avoid favorite foods, having to ask friends to not to use wheat, sugar, dairy, etc. in any food they gave me. Having to avoid fumes and paints and such. I'd even lost a friend because her perfume was so strong it literally made me choke—I gagged every time I was around her. Bummer.

The feeling of helpless/hopeless has left me!

Having this amazing tool doesn't mean not be careful, by any means, but it does mean I can deal with what comes to me.

The feeling of helpless/hopeless has left, the life-long depression has almost gone, the hatred for my life is gone, and there is a new horizon in front of me where before, there was darkness and an angry, sad, constricted future.

Forgetting the process

When I first started using EFT, my mind was so foggy that I couldn't remember much of the protocol past the first stage of tapping on the hand. I'd get to the end of it, and then forget what I was doing. Eventually I just tapped on my chest with the even-though statements.

**Finally I figured out that I could tap for
remembering the statements!**

That alone was enough—it got me present and dealing with whatever issue it was, and it also allowed me to go deeper and deeper to get at the yeah-buts.

Accepting myself

EFT has allowed me to really—REALLY—accept me. As I am, here and now—no-one else's opinion matters. I had to fight with it—I didn't want to accept myself, I couldn't, I hated myself, I hated myself hating myself, and so on—but at the end a wave of something light and soft went through me and all that fight was gone.

And the constant foggyiness is being replaced with clarity. That alone would be worth the whole thing. After years of people telling me I ought to take meds for the depression, now I can say I'm so very glad I didn't.

What's happening now is that when I get to the end of a hard issue, there is a new thing that happens. Here's a good one to illustrate:

Family pain

Tonight I was looking at how I've hidden out behind my artwork since I was a kid. I realized it was because I felt unimportant to my family. I think I most likely started hiding behind it to give myself something to do, something in which to be involved and be able to say I'm busy when I wanted to be left alone (and too hurt to ask for inclusion), and something to say, 'hey look at this, aren't I good? Aren't I important to you? Don't you love me?'

Hard to admit that to myself. When I realized that I thought that

i was of no importance to them I cried and cried. Then I tapped on it—only the chest points—I couldn't get myself to do the full round—but it only took two rounds of “even though I'm devastated that I'm of no importance to my family” to go from a 10 to a 0.

At the end of the session I finally got to the place where I could say, hey! I'm bloody 56 years old! Do I really need their approval????? NO!!!

Freedom

Now here's what is new: when I got to zero, there was such a lightness and calm sense of space and possibility inside and all around me that I laid there just feeling it. It was an expansion, a fillingness, a lightness, a NEWness that I had never felt before.

THIS is what I have been waiting for— for how long?

THIS is what freedom is: a completely new awareness of self and possibility in self that had never before existed for me, or been available—a brand new state of mind.

I believe it really is true what Harry Palmer, the creator of the Avatar courses, says:

*All possibilities of reality
exist simultaneously.*

Change Your Mind! with EFT: the Basics
Uncomfortable emotions = a disrupted energy system plus incorrect thinking

Imagine what we can be, do and have when we realize that we truly are creating our reality, our experience, at every moment, at every choice.

Imagine how easy it really is to slip from one reality to the next, just by making the choice to choose, to be present, and to converse with what is happening inside ourselves at the very moment we would ordinarily slip into Old Pattern. Awesome.

EFT is awesome. I bless you and thank you for it every day.

Love to you -
Angela Treat Lyon



So there you are. This is where the Book Adventure all started!

Chapter 3

The Idea

Energy work

As I understand it, a person who works with energy or does energy therapy bases his work on the idea that the essence of everything in the universe is energy—including the energy systems of our bodies.

Energy work is based on the premise that the universe is like a hologram. Every part of a hologram contains the essence of the whole of the entire hologram. If one part of the hologram shifts, the rest of the hologram moves to accommodate that shift. That way:

**If you change your perceptions,
you change your whole world.**

The pond/the mind

Let's say you're standing at the side of a pond. There are some big rocks out in the middle, sticking up out of the water. Some nice trees on them, even a little beach around one of them. Pretty, isn't it?

It's a still day, the water is so smooth it's like glass. You throw a pebble, watch the ripples. They go all the way out to the rocks and the little sandy beach. You watch as they hit the rocks and sand. As they come reflecting back to you, they criss-cross each other and become a nest of tangled wavelets till finally, exhausted, they smooth out, and the water is quiet again.

I like to be very simplistic. I like to compare our minds with that pond. As children, our minds were like that pond: smooth, so-far unfettered, available for massive input.

Events, experiences and information are poured upon/into that mind/pond every day from even before birth. Each element of sand or stone in that pond can be compared to a unit of information, or an experience.

Little bit little bit

One little grain at a time, those elements build up under the water, some just lying there, calm as you please. Some stick to others until they grow into great hulking boulders that stick up from the surface and make it known they are definitely there and not to be argued with.

Some are more friendly, and lie as solid foundations upon which to safely rest. Islands form, with white sandy beaches, trees and picnic spots.

Other places are muddy quagmires near parts of the pond's border, shallow at the edge but becoming deep in places, sticky, slimy, full of reeds and debris from storms, and unsafe to go near. You can't see them but you know they're there.

Ripples

You throw in another pebble. It falls to the bottom, and stays there. Its ripples ring out and out and out upon the water, and finally reach the rocks and sandy shore of that little beach.

Each experience we have is like that pebble. It impacts us, falls to the bottom of our mind. That's that, another experience. Fact. The ripples go freely out and out and out into our mind, until they hit any obstacles.

The nature of the ripples demand that they transform in any of several different ways after hitting the obstacle: they might integrate with the energy of the obstacle; they're aggravated into bigger ripples; or are de-energized, neutralized, and disappear. If the obstacle is removed, the energy of that ripple will continue out unhindered.

Life goes on

As your life progresses, your mind—your pond—your inner environment—grows as well. Eventually, you might have a mountain of pain right in the middle of your pond, depending on how you have received and perceived each foundational pebble.

You might also have islands that are fantastic oases where you can go for safety, calm, relaxation, or R and R; and there can be deep places to swim, relax, and access Inner Knowing.

There will be quagmires and swamps of confusion and misguided thinking, and there will be deep holes of fright or depression, where you might fall in and feel like you'll never get out.

There may be cliffs of despair and long roads around the pond that could go absolutely nowhere.

There may be a dry section, a part that looks like moonscape, where it seems life cannot exist at all. Or great thick fogs that come as blessed relief to too much thinking. Forests, fields, beaches, hills, rivers and streams will appear all around your mind/pond. How rich minds can be!

Beliefs

What if you had a belief that, 'I can't do anything right?' Where did that belief come from? How does it affect your everyday life, your relationships and ability to function in the world?

It's a common theory in energy work that beliefs like that are like the rocks at the bottom of that still mind/pond. When good things come to you, they get deflected off your beliefs—those rocks. Because they are deflected off the rocks, you then don't get to experience having those good things because they're pushed away from you before you can see/hear/smell/feel/taste them.

Not only that, but the surface of the pond may be so stirred up by your internal weather—your intensity of feeling, like a raging storm or a long, dreary rain—that you can't focus or see straight.

These rocks, or limiting beliefs, these enormous swirls of energy, act as blocks against the good things that come to you. Not only that, but they act as magnets that can attract and pull in even more energy just like them as well. So not only do you not get the Goods, but you accumulate the Bads, too! Gross! Who needs that?

A Couch Cowgirl

Let's say that one day, when I'm five years old, my dad comes home from work. He's tired and grumpy from a long day at a job he hates and the hour-long train ride and 20-minute drive back home.

He sees me riding the back of the old living room couch. To me, it's a horse! The pretty embroidered hand-made throw rug with all those little round mirrors sewn onto it that he got in India after the war is crumpled up under me like an old horse-blanket.

My little red cowboy hat is thrown back in the wind of my imagination, my hand is waving in the desert air, and I'm screaming, "Eeeeehaa!" I'm in a free zone of delight. My cheeks are flushed with the pleasure of the ride. The creaking of the old wooden joints sound to me like the romantic creaking of old, worn leather, saddle and harness.

My Dad comes in and barks at me, "Get off there! That couch is too old to take all your weight like that! It'll break! And what is this stupid thing you're shrieking? Be quiet for once, like a little girl ought to be! Get off there right now—can't you do anything right?"

Pebbles become mountains

Remember: every word, every experience, is a pebble thrown into that mind/pond. The thrill of the ride atop the old couch, the cry of the wild cowgirl imagining herself far out in the wilderness under a blazing desert sky, the mirrored blanket beneath, the creaking saddle—

As well as—her father’s anger and enormous 6’2” tall presence, the fear of doing something wrong, his accusations that she is too heavy (this was not the only time he implied I was ‘too heavy’—when we drove over small local bridges he’d point to the tonnage limit sign and tell me I should probably get out since I was over-limit—he thought it was hilariously funny), his fear that she will break the couch, be stupid, not do anything right, never being quiet or at ease or a “proper” little girl—whew!—each of these elements come to make up the elements of my mind/pond.

Where do they go?

Some—and I’d venture a guess that it’s most—of these pebbles fall to the bottom and stay lodged as firm foundations upon which you can safely walk.

But there are some that are so energized that they seek out others just like them and zip right off to be with and stick right to them.

Some creep around to the muddy part of the edges and slip in with the other slimy particles. Some rush out to stick onto the enormous rock right smack in the middle.

Some simply rush around and cause a lot of confusion and an inability to stay present.

Pain

I really don’t remember the majority of my experience as a child. I spent most of my time in a pillow-world of my own creation, not wanting to have much to do with anyone or anything.

I lived in a mist, a fog, a fantasyland occupied by me and me only. I knew somehow that if I was fully awake, aware and present in the Now that I would feel overwhelming pain. I simply did not want to feel at all.

I look back at my childhood and yes, there are distinct memories. Times of great fun and hilarity, affection, and acceptance. Some with people floating in and out; sharp points here and there; and long spans where there is only a white, feathery nothingness. Some very long, very bleak, black times. I padded my mind with nothingness in order not to feel the pain of being. Of feeling different, of feeling grossly out of place.

Comparisons

Some might argue that I had relatively little pain in comparison to the sufferings of others. This is probably true—but how can you judge one person's pain, either quantitatively or qualitatively, against another's?

It's an entirely subjective experience. A tiny hurt to you might be an enormous chasm of terrible hurt to me, so awful that I might think ending it all would be the only possible way out.

Maybe you can relate to this: my hurt came from the spoken word—especially if shouted—a perception of being unwelcome, and a lack of affectionate touch. Feeling really overpowered and overwhelmed by people.

Other people's hurts come from physical and/or sexual abuse, mental neglect, spiritual emptiness, a thwarting of life purpose, religious rigidity—how can I list them all here? There are as many forms of hurt out there as there are people—maybe more.

Reactions

And, as you know, there are as many reactions to pain. My own first reaction to perceived threat used to be to freeze, go within and retreat—and not just slightly, but very completely.

It took weeks, sometimes months, to come on out again after a hurtful incident. I seemed to function on the outside, but inside I felt dead, stopped in my tracks. I would spend hours chewing on all the reasons why I was so hurt, mentally telling the person who I perceived had Done Me Wrong how I felt and what I was going to do to them.

In reality, I never would do those any of things—I would have had neither the courage, nor the actual inclination. In truth, I didn't really want to hurt anyone—it just isn't part of my nature to do so. Like anyone else, all I really wanted was acknowledgment, affection, and appreciation.

The truth

From as far back as I can recall, I felt overwhelmed, overpowered, helpless, and powerless. And hopeless. What I never admitted to myself on any conscious level was that I felt simultaneously deeply and explosively enraged about how I felt. I didn't have a clue what to do, or even if there was anything I could do. The world seemed to be solid in its ways, and I thought I just had to go along as best I could.

Blame

By the time I was a teenager, I blamed my parents (and of course my older brothers, teachers, schools....) for everything

that I thought was wrong in my life, in our family, in the world. I had the tough and strong act down.

I became cynical and rude, training myself to use the dirtiest, nastiest curse words I could find, and combing the dictionary for words so I could appear clever. Nothing I uttered was positive or life-affirming. My poor parents were appalled by the things I said.

I tried hard to be 'one of the guys,' because it obviously wasn't 'it' to be a girl. Being a girl meant being a slave in the kitchen, and being 'nice.' I very definitely did *not* feel nice.

I knew of no way to ameliorate my perceived pain of the simple fact of being alive, and I thought I had only myself to depend on. I struggled to get by.

Mistake after mistake. I experimented with cigarettes, boys, drugs, alcohol, religion, metaphysics, healing processes and mind-training—but at the end of the day I was still unhappy. Depressed. Broke. Broken.

I look back and really wonder what would my life have been like if I had known about self-help methods and systems like Avatar, Holographic Repatterning, or EFT?

The point

So now I do know about these programs, processes and tools. I can heal some of those hurts. I can be present, and I can monitor and shift my attitudes, beliefs and behavior so I can feel comfortable and happy.

**For the first time since I can remember,
I am not depressed.**

**For the first time since I can remember,
I KNOW I CAN.**

That simple. I had always had an underlying fear that I couldn't do 'it'—whatever that meant—'it' was so huge it was too scary to really look into.

Now, after having found and used EFT, those feelings are gone, and in their place there is peace. This is a revelation, a miracle, to be out from under that pressure. I can even—gasp!—say I'm happy!

Holographic Universe

I was rereading an older book recently called *Creativity in Business*, by Michael Ray and Rochelle Myers. It was written in 1986, and is still crisply relevant. They speak about the concept of how very important it is to simply be ourselves, and about delving into our deepest, most creative, energizing, empowered sources. I call it the Deep Self.

They also speak about thinking of the universe as a hologram, and how our perceptions form our personal perceptions of the world. How our thoughts have a *primary effect* on what we experience as our world, and that what is contained in our minds is manifested on the 'outside' of us as the world. Meaning that the universe and its seeming solidity is actually a mental construct.

**"Truly," as the sages say,
"The world is as you see it,
and your inner creative ability is
powerful indeed."**

Jump!

So. Are you ready to take your own Quantum Leap? Are you ready to commit to, and actively choose a more fun, easier, more pleasurable way of life? Because I'm going to show you how to jump right in and win.



Chapter 4

Jump In!

Apples: look or eat?

Which would you prefer: to listen to me tell you about apples, or try one out for yourself?

OK, maybe you don't like apples. How about papayas? Either way, it's obvious that you'll know more about papayas if you try them yourself than if I spent the next ten years telling you about them, even if you only take one little teensy bite.

I could tell you about EFT all night long, but until you experience it, you won't have a real idea about what it can do. So, we're going in running. Let's just get on with it!

An experiment

Are you experiencing any small thing you would rather not be feeling in your life right now, this very minute? Maybe a physical pain, or an unpleasant memory, maybe?

Write whatever it is down quickly and *briefly*.

It can be anything: a headache, a sore back, a knee pain, or a toothache. Or, you might be worrying about something, feeling anxious, or feeling lazy!

Maybe it's 3:00 p.m., and you're in the midst of an afternoon slump. You might be drowsy, or foggy-headed. Or maybe it's late at night and you're reading because you can't sleep, or your feet are cold. Maybe you want something but you don't know quite what, so you're inclined to reach for ice cream, cookies, or a candy bar. A cigarette, or a beer, maybe.

Maybe it's not a pain at all but a longing. Or frustration because you can't do something you want to do—or maybe you have to give a speech tomorrow, and just thinking about the stage, never mind going up on it and giving a forty-five minute talk, makes you nauseous.

Or perhaps you have to take a test tomorrow. You've studied and know the material, but are still freaked out by the idea of being tested.

Or you could be a world-class surfer, and you have never told anyone about your fear of falling off big waves. You brave it out, override your fear every time you go out, but it sits in the pit of your stomach like a lead ball each time.

Find your own. What was it that flew to the top of your thoughts when I asked you on the first page of this chapter? Write it down. Briefly - like, fear of falling off big waves. No story.

Feel the pain/emotion/sensation

Why try to find the feeling? Because feeling something you don't like and trying not to feel it can make you lose attention on whatever you're doing. If you're going to be present, this needs to be cleared up.

It's alright to feel what you feel! It's not a character fault! If we don't feel, chances are we're dead or on our way. In order to find out how to resolve something, we have to identify it first.

Feeling is OK: feeling it is how we find the problem.

Be with it as much as you can without hurting yourself. It is *not* the point to traumatize yourself. Some helpful questions:

Where is the pain/feeling/sensation in your body? Or maybe it's outside of your body. Is it in your head? Is it in your thoughts only?

How would you describe it to me? Is it sharp, dull, an ache, just a feeling of, say, being squashed? Is it intense, or light, or maybe hot?

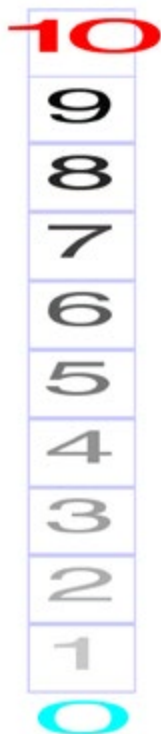
Does it come in waves, or is it erratic? Is it tiring, black, heavy, nauseating?

Does it have a sound or a shape? A color or texture? Someone's voice?

Now describe it—whatever "it" is—to yourself very well and write it down.

Rate the sensation

Let's say that you have a huge thermometer that measures intensity of feeling. It's marked with intervals from zero up to ten, with ten being the highest in intensity.



What rating would you give the intensity of your feeling or sensation (this is often called SUDs, or Subjective Units of Distress)?

If it's hard for you to imagine a number for the rating, guess. Your intuition will usually be right on.

We use this number as a reference point so that, when you're done with this short process, you'll be able to see where you came from and what kind of progress you made.

Make sure to *write down the number you got*.

PROBLEM:

I have a headache
at the top of my
head
or
My tooth is throbbing
or
I'm sad because...
or
I feel sleepy

Being able to notice

If you have marked the intensity of your feeling at only a one or two, find another issue that has a rating of at least five, so you can notice a difference when you've finished the exercise.

If you can't find something that bothers you right now, try to remember a time when you had a troubling pain, experience or emotion. Use that.

ISSUE:

I have a headache
8

My tooth is
throbbing
9

I feel so sleepy!
6

See if this helps: is there any experience or incident in your life that you would erase or get rid of, if you only could. That works really well.

Please be kind to yourself

Remember, it's up to you to be responsible for your own well-being, whether you're feeling a present sensation or one from the past. For now, please avoid choosing a problem that is really distressing (a nine or ten)—this is just an exercise. We're making a point here, not trying to get you into extreme pain or paroxysms of raging emotion!

Here we go!

Now. You have a sensation that you have named and described on your sheet of paper. You have rated this sensation, and you've written down the rating.

You'll need to know the Karate Chop Point and the Tapping Points. You can find illustrations of them in *Chapter 5, Illustrations of the Tapping Points*.

Here are the steps of the process:

1. The setup

As you tap the tips or the ends of the fingers of one hand against the Karate Chop Point (as in the diagram to the right), you say the Setup Phrase.

The setup phrase acknowledges the pain. You'll speak it out loud, saying:



Even though:

I'm feeling this pain/feeling/sensation:

I'm so angry about... or

I'm so afraid that... or

I really really want that cookie! or,

I'm so worried I'll fail that test....

Keep tapping on the Karate Chop Point, and say:

I deeply and completely accept myself

Altogether it looks and sound like this:

Even though:

I feel this pain/feeling/sensation

I deeply and completely accept myself

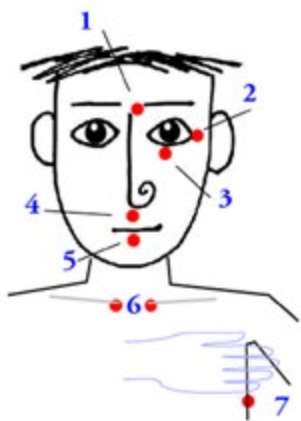
Repeat these two phrases so that you have said them three times as you simultaneously and continually strike the Karate Chop Point. Strike the Karate Chop point gently but firmly, without hurting your hands.

Important note: Don't worry that by saying these things you might be 'installing' these negative things into your system—they're already there, or you wouldn't be thinking about them or feeling them!

All you're doing is letting them come out as the truth about how you feel right now in this moment.

2. The tapping sequence

Next, with the tips of your first and second fingers, tap on each face point (see illustration on next page), moving down your face to the collarbone and underarm points.



Tap firmly about 5 to 7 times on each point as you repeat the words, “this pain (feeling, sensation)” as you go down the line of tapping points.

There are seven points in the basic ‘recipe’. Make sure you find and tap each one.

Tap using the same intensity you would as if you were drumming the table when you are impatient—it’s about that same firmness. Please—don’t tap so hard that you hurt or bruise yourself! If tapping any particular spot hurts, gently rub the points with your fingertips, or skip over it.

3. Check new rating

At the end of the tapping sequence, check the intensity rating for your pain/emotion/sensation. Is it the same? Lower? Higher? Write down your results, and any notes you might want to add.

One more time

If the rating is the same or higher, repeat the process, saying, “even though I still have this....”

Write down your results, and any notes you might want to add.

ISSUE:

I had a headache—
it’s gone! Wow!
0

My tooth is still
throbbing a bit. I
should go see the
dentist now.
2

I’m wide awake!
0

Tap again



If there is little or no movement or the rating is higher, try again. This time, try rubbing the Sore Spots (see left) for the Setup Statements.

Just for fun, add the Finger Points and the Gamut, also seen in *Chapter 5*. Do your best to get the rating down to zero, but if you remain at a livable one or two, it's OK.

Sometimes things even out all on their own within an hour or a day afterwards. You'll try to find it, and it won't be there.

Write it down

Write down your results, and any notes you might want to add. (And if it's a toothache, please go see your dentist, too!)

Good!

You have now completed your first experience using EFT! By this time, you ought to have had some movement of the energy in your system.

Many people experience their pain disappearing, their emotions calming, or a craving going away. Breathing often becomes deeper and more full. Some people sigh or yawn. Some get shivers down the back or other part of the body.

Testing like this is the best way to get a taste of the process of EFT. I can't possibly forecast what might happen for you, but I hope you got relief from whatever pain or unwanted feeling

you were experiencing, and that you feel better than you did before. And if you did not, I hope you will continue tapping.

Your sensations and your notes are tangible (think of what the word ‘tangible’ means: touchable, within reach). Each notation is real evidence that you have just taught yourself the basics of a tool with which, *if you choose*, you can drastically and significantly change the quality of your life.

A recap:

Feel it.

Be specific: the more carefully you notice what you feel, the more disrupted energy you can clear and heal.

Say, for example, you have a headache. The more specific you can be the better. Instead of saying, “I have a headache,” say, “I have a headache in the top part of my head on the right side right over my ear.”

Check carefully to see what something is, where it is, how it feels, and how much intensity it has. Identify it, what ever “it” is!

Rate it/Write it down.

Give it a number—what intensity level is it at for you? If you can’t “see” a thermometer or “hear” a number, or feel a level of intensity—guess! Write it down!

Setup and I Accept Statement

Tap on the Karate Chop point, or rub the Sore Spot, and repeat the Setup phrase three times:

Even though:

I feel this _____ ,

I deeply and completely accept myself

(or, I want to love and accept myself, or,

I'm willing to think about loving & accepting myself)

Examples of I accept phrases for kids:

I'm a great kid

My Mom loves me

Tap the Sequence:

Eyebrow point

Side Eye

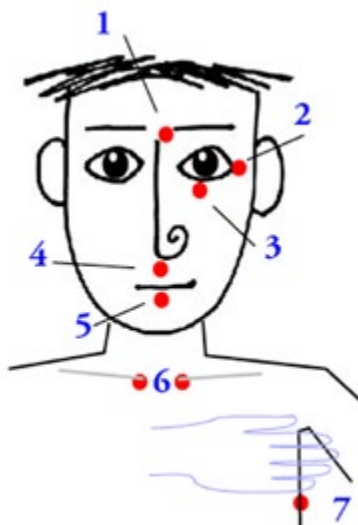
Under eye

Under nose

Chin

Collarbone

Underarm



Rate/Write

What is your intensity rating now?

Write it down.

After you start getting results, check out this website for EFT beginners: EFTinEveryHome.com.

I created it so you can tell your family, friends and whoever else about it and not have to explain EFT to them. You're not ready yet! But you've had an experience, and are most likely excited, and want to share it with them.

I invite you to send them to EFTinEveryHome.com because they can get a taste of what EFT is like right there at the site, without you having to try to explain it.

Can you see why I'm so passionate about as many people as possible in the world gaining emotional mastery?

Imagine how life would be if kids could handle being bullied or being laughed at with ease—or maybe the ones who would be bullies were so happy they wouldn't bully at all!

Imagine how it would be if someone who was hurt, abused, molested, raped or traumatized in any way could clear that trauma in minutes. Know what? They can. And do.

What a different world it'd be!

The implications are amazing, yes?



Chapter 5

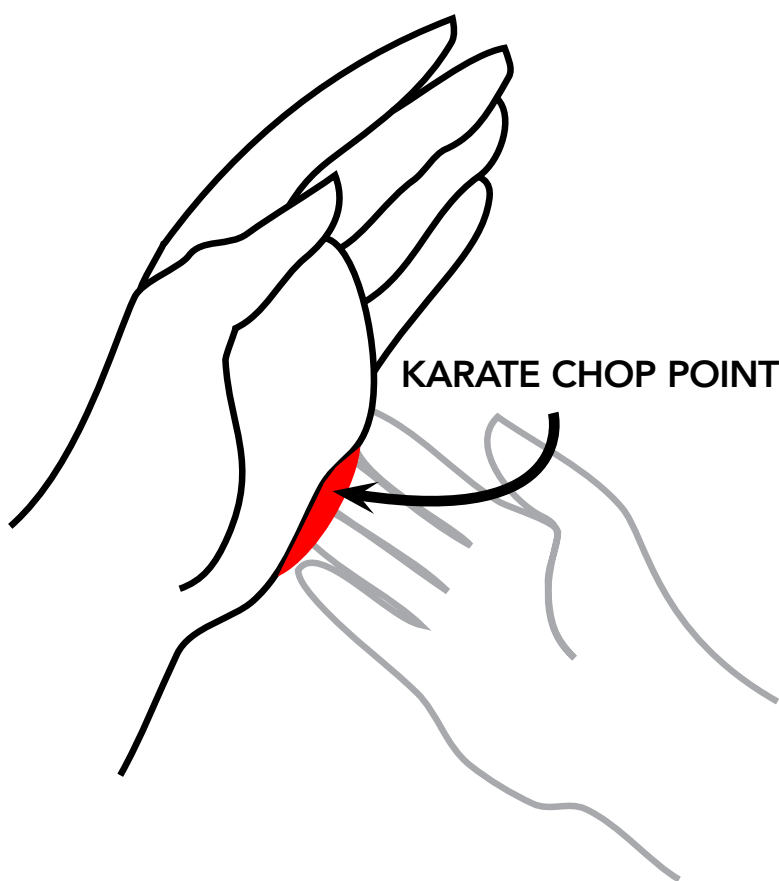
The Tapping Points

Illustrations of EFT tapping points.

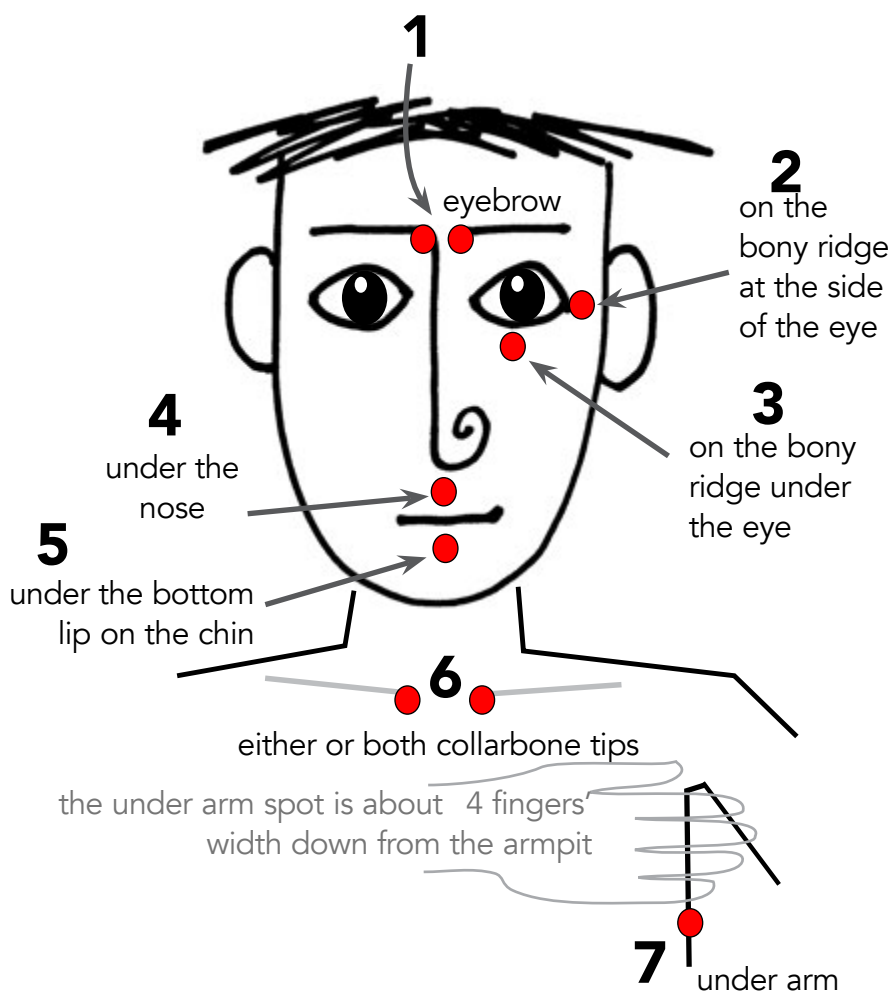
As you go through your first tapping experiments, make notes as to your ratings, issues, and results.

Make sure you date them so when you come back to them you can say, "Ha! Look what I did!"

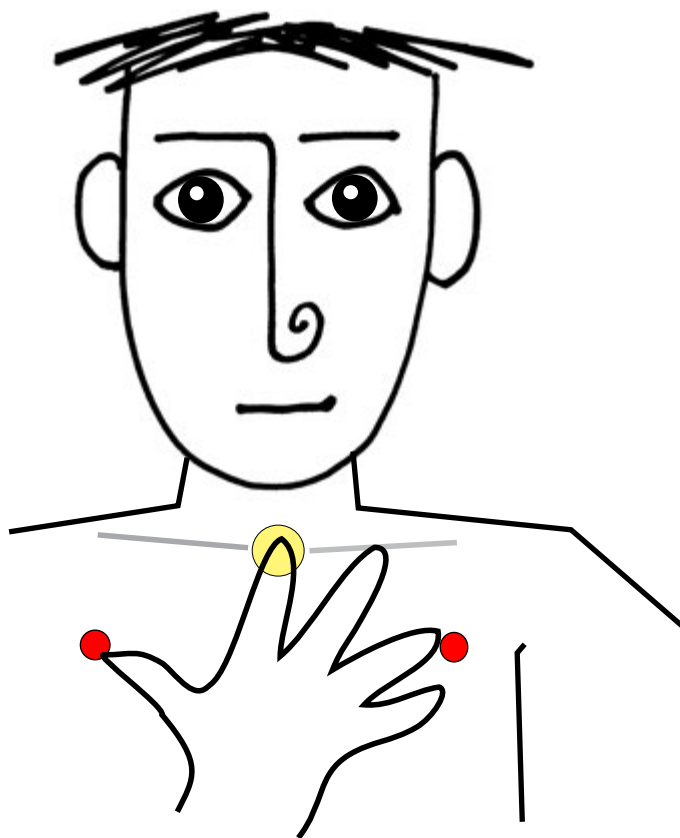
the Karate Chop Point



the Basic Tapping Points



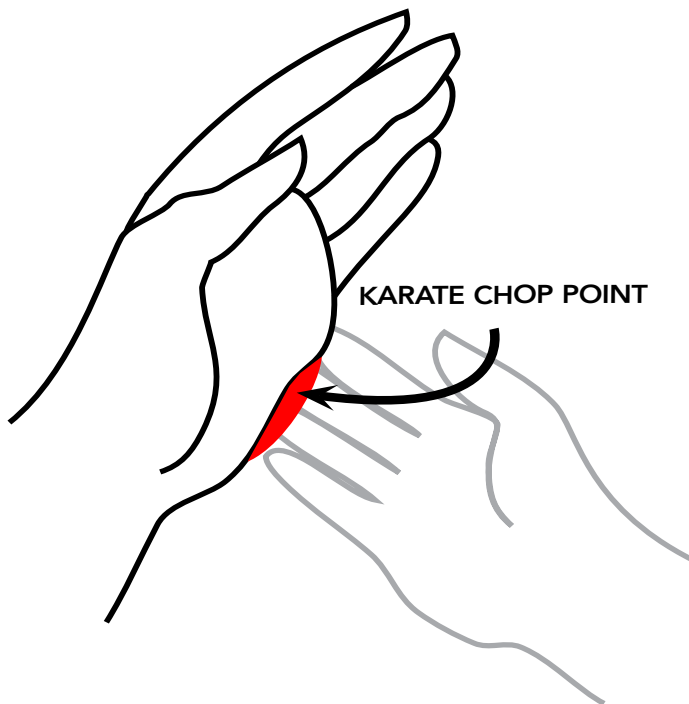
the “Sore” Spots



1. Put your first finger in the dip at bottom of your throat
2. Stretch out your thumb and all fingers as far as possible
3. The sore spot can be found approximately at the end of your thumb and the third finger

If it is not sore right at that spot, feel around till you do find a place nearby that may be a bit sore. A lymph gland is there on both sides, and is usually a bit tender to the touch. It won't damage you to rub it, but do be gentle.

the Sequence



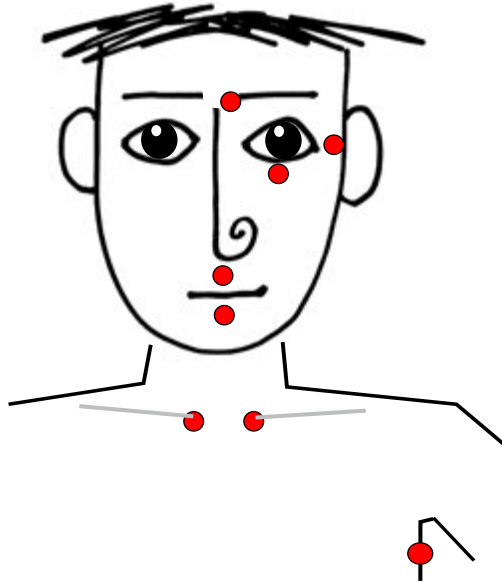
The sequence Part 1: The setup

A. Say statements 1 & 2 in a complete set three times as you gently strike the Karate Chop Point:

1. Even though I _____
(insert your own phrase)
2. I deeply love and accept myself
(or, if for a child: I'm a great kid,
or another appropriate phrase)

Now go to Part II, the Tapping Sequence

Tapping



The Sequence Part II: Tapping

B. Repeat your reminder phrase like, "this headache" (the gist of the setup phrase) as you tap down all points

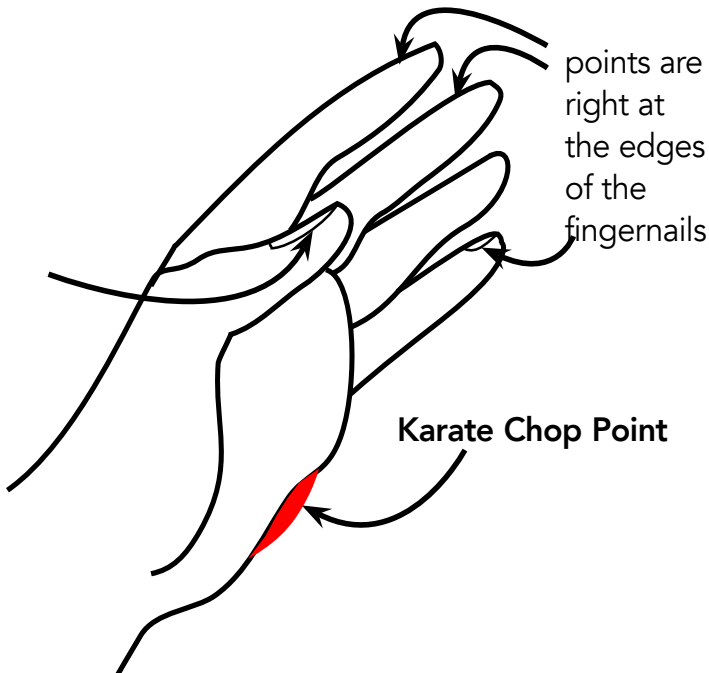
Repeat until you get relief or get comfortable.

When you have had a satisfying shift in thinking or feeling about the issue you are tapping on, create a short, positive phrase that would encapsulate how you'd rather feel or be. Then do Step C.

C. Say & repeat the gist of an "I choose" phrase as you tap down through all the tapping points

the Finger Points

Use these points for
further emphasis in your process



Start with the Karate Chop Point.

Tap at the side of the tip of the little finger, and work towards the thumb. Tap with the index and second finger of your other hand. Skip the third finger.

End up with the thumb, then retrace your steps back to the Karate Chop Point

Chapter 6

Navigate the Steps to Wholeness

Intention

What is your intention for your life? Where are you now, and where are you going?

Is what you are doing in your life aligned with and supporting your intentions?

If you say you want to drive from Boston to New York, but are still in Dallas, you may wonder what you actually want. But if you're in Boston, all packed up with a map, a picnic basket and a full tank of gas, you are aligned and ready to go.

Not aligned

I moved from Hawaii to California in 1990, then to New Mexico. For eleven years I heard myself say, "I wish I was back in Hawaii." I thought and said it over and over again—but did I move there? No. I wasn't aligned with my choice.

Not only was I not aligned with what I said my desire was, but when it came time for me to make a big move, I went right against my so-called preferred choice! I moved from New Mexico to New Zealand!

I could have moved to Hawaii quite easily—I even stopped off there on the way! But I let other desires get in the way, and ended up in New Zealand.

I decide!

Finally, I asked myself where I would really, truly rather be. After a year and a half of living in New Zealand, I thought, OK, I will now either move back to Hawaii, or shut up about it. Enough talk! Let's have some real action!

Checking my reality

I asked myself these questions: what's in my way, what feels uncomfortable, or unaligned? What can I improve, enhance, change, shift? What, if anything, hurts?

I checked to see what had been hindering my choice. I stopped doing anything that would be in the way of my going (like setting up more workshops at the Art Center).

I started the process of leaving. It was hard! Simultaneously, I wanted to keep going like I was, but I also wanted to support my new choice and make it real.

Define issues/problems

I identified what was in my way: I asked myself, where is it?

What does it look like, sound, smell, feel like? How big is it? If I can't name it, what sound can I make to express it? Is it something inside my body, or outside? One or more memory from the past, or a fear of the future?

I found many negative, uncomfortable and unsupportive thoughts and emotions (turned out there were lots). Most of them had to do with very negative and unsatisfying beliefs about myself and what I could or could not accomplish in life. I wrote them all down.

Make a preferred choice

I asked myself what would I rather be/do/have instead? Well, obviously, I'd already decided that I wanted to go back to live in Hawaii.

I took an evening, got comfortable, and visualized where I wanted to live, where I wanted to live and play, how I wanted to use my time and energy there, and who I wanted to hang out with, both in business and recreationally.

Most important of all, I imagined and *felt* how I wanted to feel when I got there and settled down into my new reality.

I wrote everything down.

Clear the energy

Then I used EFT to clear the disrupted energy. I tapped on and cleared negative beliefs about myself and my life—I looked for and tapped on as many negative, restricting or unsupportive thoughts as I could find.

Take positive action!

Then I asked myself, what is possible now that seemed impossible or improbable before? Now that I had tapped on the negative stuff and got thinking in a more positive way, I asked myself what it would take to get to, and live in, Hawaii.

Then I organized my thoughts, and turned in that direction. That was in January, 2002. I left on April 1st, 2002.

Prep—Step by step!

Before I started working on the idea of moving back to Hawaii, I had thought I'd never be able to afford paying for the ticket, the shipping of my stuff, or making enough to live on my first few months. It all worked out magically once I started tapping. It turned out that a friend actually gave me the money for my airfare—is that cool or what?

I bought my ticket, and I even paid for 2 nights in a hotel so I could sleep my jet lag off before I went anywhere—although I was sure with tapping I could clear it a lot faster.

I was right, even though it was truly weird experiencing April 1st twice because of the time variance—I left New Zealand at 9 am the morning of April 1st, and arrived in Hawaii at 7 am the same morning!

I also arranged to rent a car for my first week there, began the shipping arrangements for my personal effects, and researched a storage locker for them when they arrived.

Was I aligned with my desire? You bet! During that time, I

made a big point of reading books (like *The Seven Habits of Highly Effective People* by Stephen R. Covey) in order to further bolster my ability to create my new reality.

Recheck

I kept checking my reality to keep myself on course. I continued to feel how I felt, listening to my thoughts—like, was I doing or saying anything that might have been contrary to my choice?

Once in a while people would ask me, “isn’t it expensive there?” And my body would do a little inner lurch as my mind went, “oh my, I wonder if it’ll be hard to make it there.” So then I tapped on how I felt about that, as well as other thoughts and values around that issue. I tapped and cleared it all out, and on I went. I kept my heading on my internal compass and kept on clearing, in order to attain my goals.

Whose life is this, anyway????

“Intend, choose, act” became my personal mantra. If I want to be the captain of my life and of my body—my trillion-celled ship—I had best take command!

**If you don’t take command of
your body/mind ship, you end up living
your life by default.**

Some say this is selfish. That we ‘ought’, or ‘should’ do this or that, do as we are told, toe the line, fit the mold, fit into society, be nice, don’t rock the boat....

Well, in the end, I'm still the one making the decisions, even if I do decide to live under someone else's command, or even if I decide not to decide.

**You are the captain, the boss, the chooser,
the source, of your own experience.**

I prefer to consciously make my own choices about my life. I believe you feel that way, too, or you wouldn't be reading this book.

Steps

On the following page is a chart with the steps to take to make sure you stay on your own self-determined path. Use it often!

Use it every time you feel lost, unsure, foggy, needing a next step, or just to see if you're on track.



Navigating Step by Step

1. CLARIFY YOUR INTENTION

What's my intention, where am I now,
where am I going?

2. CHECK YOUR REALITY

What hurts, feels uncomfortable, unaligned;
what could I improve/change?

3. DEFINE ANY ISSUE/PROBLEM

What is the issue/problem? Where is it, what
does it look, sound, smell, feel like? How big is it?
If I can't name it, what is a sound to express it?

4. MAKE A PREFERRED CHOICE

What would I rather be/do/have instead????

5. CLEAR DISRUPTED ENERGY

Use EFT to clear the disrupted or
obstructing energy

6. TAKE NEXT POSITIVE ACTION

What is possible now that seemed
impossible or improbable before?
What is my new choice?

7. RECHECK & KEEP NAVIGATING

Keep checking to keep myself on course

BE ALERT!

Chapter 7

Questions

What/why/how & other questions

Now that you've had a little taste by now of what EFT can do for you. You have discovered the points and practiced the process a little bit, and you have the steps to navigate. So here are some other questions that will help you clarify where you're going next.

Why would you want to change anything at all in your life?

What would the benefits be?

What questions do you need to ask in order to clear what's in your way, and create what you prefer?

I like to ask myself these questions often. Not because I don't know the answers, but because I want to go deeper.

Each time I ask and find the answers to these questions, I refine my alignment with, and use of, my energy for the next period of time until I ask again. I then do my best to clean up the pockets of energy within my life that are disrupted or opposed to or in conflict with my intentions.

What am I here for?

Here's what I believe we're here for:

1. To BE, to Love, be loved, and enjoy being, doing and having.
To feel good!
2. To hone our attention and awareness so we can intend and do all the above consciously. Pretty simple, really.
3. Most of all, I believe that we are here to be joyous and 'do' joyousness—to express the joy that comes along with heightened consciousness, that incredible expansive feeling that comes along with realizing and activating our own possibilities.

What is attention?

Active consciousness, the power of self-knowing.

What is intention?

Purpose and direction: to direct, as one's course or thought; to have intention, mean, tend or incline.

I think we're here to expand and refine our knowingness—our consciousness—in order to stay on track with our purpose, intent or direction, in this life. What do you think?

Back then...

In the past, we were used to thinking that physical manifestation was something relegated to those who are called shaman, guru,

master, magician, mage, witch, wizard, or other such names denoting someone who spent a lot of time in what we might have called non-ordinary consciousness.

WE ALL MANIFEST!

The real fact is that we all already manifest (manifest: to make something evident to sight, mind or understanding) many things all day long in our own lives every day.

We are creators.

It's true: we manifest things every single day. When get up, we go to the bathroom and brush our teeth, wash ourselves—we have manifested cleanliness.

We make and eat breakfast—we have manifested a meal out of food. We have manifested satisfaction by eating till we are full or satisfied. All of this is manifestation.

Mundane, you might say, but still, manifestation just the same.

Artists, writers, musicians, dancers, speakers, performers and businessmen create out of seemingly nothing—an idea pops into their minds and suddenly there is a new painting or sculpture, a new song, a new book, a new way to move through the air, a new speech, a new product or way to sell, a new process or strategy even.

A mother and father manifest a baby. A builder manifests houses, apartments, offices, ships, airplanes or computers.

A student refines his already manifest intelligence. A computer

programmer creates new programs. A surfer manifests actions, a fluid dance, moving his body through waves. A writer, teacher or educator manifests classes, courses, books, papers, essays—meaning through words.

Car manufacturers create new cars—lots!—every year! Golf and tennis players manifest discipline and victory or loss.

We all manifest all the time!

How?

We manifest by using our awareness, our knowingness, our consciousness; through the choices we make; and through the intentional direction of that consciousness by taking real, concrete, specific action.

Wouldn't it be reasonable to want to manifest the best life we can?

And if consciousness is our tool, isn't it reasonable to improve that tool as much as possible to be able to constantly refine our manifestations?

So why change anything?

Well, why not?

Would you want more fun? More money? To maybe help more people? To get married or divorced or to have children or travel or fun or play in some distant place? To create, write, dance, have more independence, more business—or less?

How about if you had more health and wholeness instead of pain or illness, comfort instead of agony, a feeling of satisfaction and pleasure instead of worry or fear?

**What would changing anything
in your life get you?**

**What benefits or drawbacks
are there in change?**

An example

Let's say there's a family member you're having trouble with. Maybe you think they don't understand you. They won't speak to you.

Or maybe they think you don't understand them, or they won't allow you to be a part of their life, and you don't understand why. What would you like to change about all that?

Ask: what don't I like about it?

Answer:

I don't like:

missing contact, not being a part of their lives

feeling disrespected, left out, disconnected

feeling wrongly accused, or that someone thinks badly of me

What can you change?

It's certain that you can't change anyone else. But you can change how you respond to a situation. Maybe by changing

your response to them and their actions, you might find that you learn something you didn't know that you didn't know, or something will change in the relationship—or, most likely, both.

Change get you what? More peace, understanding—of both yourself and the other person? More calm? More openness?

What might any drawbacks be in change?

It might be scary to try something new. You might have to admit you were wrong. You might have to make a step in their direction with humility; and you might lose face.

Well, so what? Is your pride more important than your desire for resolution, your own or their happiness? I think you can let that go! Measuring staying-the-same against changing, most times the benefits of changing win out.

Directing the energy

In order for your subconscious to know what to do to change something, it needs to know what it is you want changed. Then it needs to know the direction in which the new energy needs to go. Then you can make new choices and take appropriate action.

For instance:

- 1. Change:** I can clear out my studio, but new paintings won't paint themselves unless...
- 2. Decide:** I decide to paint them, and then...
- 3. Choose:** go about getting paint other materials, then...
- 4. Create/act:** do the actual painting.

I can rid myself of many things I don't want in my energy system (1—change), but if I don't decide where to put my new-found energy (2—decide), and make the choices that support that decision (3—choose), I might find that I'm either feeling empty or being led by someone else's ideas—living by default (4—create, or experience lack of, or incorrect creation/action).

Change your dimension!

It is now common thinking that the cosmos is comprised of energy in vibration, or by another word, frequency. You and I are compounded aggregates of various energies. We appear to be solid. But just as there is enormous distance between one star and another when we look out into space, the atoms and molecules and protons and little zingy quarks and the distance between their elements in our bodies' own physical makeup is the same.

Cosmos or human innards—it looks the same whether you look in or out! Looking at moving elements in an atom looks just like looking out at the sky at midnight, sped up!

I believe that we actually change dimensions when we change our energy: if the cosmos is all frequency, and I am made up of energy frequencies, then when I shift my frequencies, I change the dimensional frequency I inhabit. I change dimension.

When you're smiling....

You may be too young, but I remember an old song that says "when you're smiling, the whole world smiles with you." How about the saying, "misery loves company?"

Pretty obvious tell-tale messages—if you're happy, then the whole world around you—your dimension—is happy. You're in the Happy Dimension.

If you're miserable, your company, your dimension, is miserable. You're in the Misery Dimension.

If you're happy, you're vibrating on a vastly different frequency rate than the slow-moving, heavy, dense and depressed, unhappy one you were on before.

Why would I need to use a mechanical device like a rocket ship or time machine to be transported into a new dimension when all I have to do is change my own energy? I've personally experienced that it can happen in the blink of an eye.

**All you need to do is to change the
frequency of your vibration!**

Tap on it!

Try tapping on a few issues you dislike about your life and see how happy you get at the end of the sessions. And if that ain't changing dimension, I don't know what is!

Eventually, I believe that we will get our nervous systems so refined that we can shift at a whim. Tapping is just the beginning of a very large, world-wide, dimensional shift.

You watch! Ten, twenty years from this day you're reading this book, we won't need to tap anymore. Tapping will be obsolete. All we'll have to do is intend something and *blam* it's done.

We'll have refined our systems and our abilities to use them so much that thoughts will heal. An intention will create.

The Palace of Possibilities

Your energy is affected deeply by your childhood conditioning, indoctrination and training, by your relationships with others, and the world at large, all of which has been duly recorded on your subconscious mind.

EFT founder, Gary Craig, uses a brilliant analogy when he speaks about the indoctrination, conditioning, and other ways in which you learn to do as your parents do and say to do, or as the group does, rather than functioning from your core, or Deep Self.

He talks about the Palace of Possibilities, the gorgeous, natural space inside us all that has the possibilities intact for any thing natural to us and our natures. Within this palace, you might have favorite rooms in which you hang out all the time, barely visiting the other rooms.

Some rooms are spacious, some lavishly decorated, others are quiet and peaceful, and others are full of riches. Some rooms are your favorite hangouts, others you never go near, or even know about!

Writing on the mind's walls

Each of those rooms has a script on its walls, determining how you go about your Role in the Play of Life. Every sentence has an effect on you, whether it's written in tiny letters in the corner so far down that you can't see it, or huge, glowing neon letters

glowing brightly in pink and purple and blue in the center of the wall, taking up all your attention.

There are a variety of lines in your script that affect you throughout the day, both positive and negative. You might have a sentence on one of your walls that says you're not good enough to run around the field and win the race.

You might also have a whole wall full of others that say, "Go for it!" or "You can do it!" or "You're the best runner in the state," or the line I heard over and over in first grade, "you're so good at drawing horses, Angela."

Those positive messages can outweigh the negative ones, for sure.

But you have the advantage now. Now you know that when you come up against something that's uncomfortable in some way, your system is just telling you that the negative messages are outweighing the positive ones. And you can tap on it!

Example: public speaking

You might be able to stand up in front of a group of people and give an impromptu talk, but to me that might be something that would make me turn red in the face and give me sweaty hands and radical heart palpitations for the next week.

If you are comfortable with public speaking, you probably have few or even no internal messages (or inner mountains) in your way that say you "can't" or "shouldn't" do it. It's something about which you feel OK, or even exciting and inspiring—totally within the realms of possibility for you.

On the other hand, I might have extreme physical discomfort, my throat might contract, or I might even stop breathing! Even thinking about getting in front of people might make my head spin. I might get dizzy, or get a headache. When I get onstage, I might blank out and lose the ability to think of what to say at all, or have to sit down: my body has all kinds of ways to tell me it is NOT OK for me to be speaking in public.

With this type of energy disruption in my system, do you think that giving talks on art, EFT or inspiration is going to be one of my favorite things to do in life? Doubtful.

Why?

If your experience of public speaking is like mine was, perhaps somewhere in your past someone ridiculed you for saying something or goofing at a school recital: for me it was my dad telling me little girls should be seen and not heard—and not even seen, come to think of it!

The experience of having been made fun of or being shamed produces negative limiting messages on your mind's walls that limits your belief in yourself, and causes you to make decisions with those limitation as their basis.

**If you get caught by old conditioning,
you are living by default—you are ruled by
those thoughts and beliefs.**

That inner writing on your mind's wall limits your ability to act functionally.

It creates a tangle in your mind/body energy system which

results in your feeling uncomfortable in a situation where you might have to speak to a group, or even a single person, one on one.

How do you deal with this?

Untangle the energy. Clear the writing on those walls!

How the heck do you do that? Go to a therapist, go back to the painful past, face it, spout it out over and over and over again and retraumatize yourself? I don't think so!

Do you face your fears? Do you jump out of planes to confront your fear of heights? Make yourself speak up for yourself when you only want to go in a corner and hide, be invisible? Hold a rat to see if your disgust of them will go away? Absolutely not.

Some of us have (for years!) beat pillows and screamed primal screams and talked to other pillows as if they were the ones who did us wrong. Sometimes with great results, sometimes so-so, and sometimes very little, if any, real results.

We have endured hours of a wide variety of other techniques, gone to doctors who haven't had one clue what's wrong with us, much less been able to help—and sometimes, as happened to me, they were brutally critical and derisive, declaring that, "it's all in your head and there's nothing wrong with you at all."

EFT is soooooo easy!

Now, though, using EFT, it is entirely possible to totally erase unwanted and unsupportive writing on our walls, and to straighten out the tangled energy in your system. Not only is

it possible, but you can do it without many expensive years of therapy, without having to re-experience the original pain over and over, and—when you get good and comfortable using EFT—without having to depend on someone else to guide you through each and every step.

It's a fantastic method that opens up avenues of possibility that we never dreamed would be available to us, no matter how young or old we might be.

Be honest

This is how I get really present when I want to change something on a core level:

I go to a place where I feel safe and comfortable.

I get out a pen and a piece of paper.

I take a huge deep breath.

And again.

I write a short synopsis of how I feel—like, I might say:

"I'm unhappy, I don't like it here, and it seems like I'm unable to make it. I feel like a complete failure."

Then I look at all the issues and I write a short positive phrase, inserting the reality I would prefer. Like:

"I love feeling happy and successful, living in Hawaii."

You'll notice I didn't write, I am successful. Why? Because my system would shout at me and say, "yeah, but no you're not!" More on yeah-buts like that later.

Then I tap on all the things I don't like.

Lastly, I tap again, creating the energetic space for more positive or preferable choices.

Start creating the Reality you want!

Write out two lists:

On the left-hand side of a sheet of paper:

Write what you don't like about your life.

On the right side of the sheet

Write what it is you would prefer.

I suggest that you make the list on the right the opposites of what you wrote on the left-hand list.

Go down the left hand list

Feel how much you don't like the don't-like items.

Rate the intensity.

Tap on each of the items until you get to a zero or low number.

Go down the right hand list

Now, saying an "I choose" phrase with a preferred item from the right hand side of the sheet, tap and add that chosen item to your experience.

Like this: "I hated breaking out in hives when I ate chocolate."
My choice would be, "...and I choose to be able to eat chocolate and retain my health, comfort and clear skin."

Now you - Clarify

Use specific categories to clearly and in detail pin down what it is you want to change and have.

List one to three items in each category (see the box on the below) that you would prefer to change, eliminate, expand upon, or enhance.

List the preferred changes you want to make for each item. Be short, sweet and to the point. A whole page for one item is waaaaay overdoing it!

It can look like this:

Physical

I feel heavy

I feel tired

I feel discouraged

My preferred change will be:

I feel light

I feel energized and inspired

I am excited about my life

physical
emotional
mental
spiritual
financial
relationships
business
creativity
fun
health

Use EFT on each item

Rate the intensity of each feeling; tap on each one.

Refer to the Tapping Points Illustration pages as often as you like. Ultimately you will learn shortcuts, but for now, use the full process. It's powerful.

Patience!

If you have more than one item per category, the process may take longer than you want to allocate time for. So start with one at a time. Now that you have learned the basic pattern, you can tap a little bit—as you want—every day from now on!

You might want to pick one category at a time, and make a list of items in that one day, and another category the next day. Be creative. It's your life.

Side benefits

When you tap, you'll have insights that will awaken you to what you may need to tap on next. One item will lead to deeper items in the same line, or will surprise you into finding something that seems completely unrelated.

Trust your intuition. It's there to help you, and the more you ask it for help, the more it will develop.

What is really amazing about EFT is that once you start tapping, issues you never knew you had come up to be healed (see the chapters on Aspects in *Change Your Mind! Advanced*). Those issues can fall away easily and effortlessly once you tap on them.

It also happens that issues that you are unaware of can go away without your even noticing. It's as if you have a whole studio all crammed with junk, and by vacuuming the floor, all of a sudden the stuff on the walls come straight as well, with no extra effort on your part.

Feeling like a lump

My friend, Elliott, and I met for an hour. He was complaining about feeling heavy and depressed.

As we discussed how he felt, I noticed that a lot of how he felt was exactly how I used to feel a lot of the time. I decided to tap with him—though I normally do anyway—because so many of

the issues had been mine as well. Here's a recap of what he was experiencing on the left, and his want-instead list on the right:

I don't have enough money	I love having an income of (\$___) a month
I feel heavy and tired	I am light and energized
I don't think EFT works	of course EFT works for me
I feel guilty	I love feeling serene
I am depressed	I love feeling content

Seeing that list made me think of something a mentor had told me a long time ago: that we go through things that help us learn how to help others travel the same path later on. Well, I had certainly traveled this path!

Here's what we tapped on:

Even though:

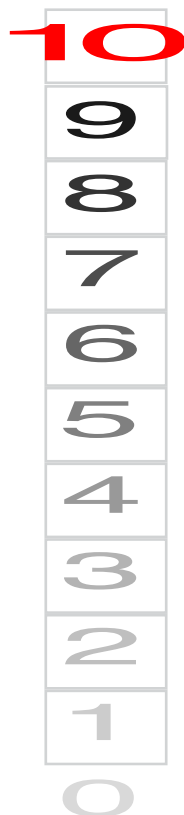
I feel tired all the time
sluggish
non-inspired
depressed
not having the energy for much

As we completed that last part, he said,
and I feel like a big lump.

So we tapped some more on that:

Even though:

I feel like a big lump
a bump on a lump
a lump of a bump on a lump



That got a laugh. He lightened up a bit and said,
I'm a bump on a lump,
and sooooo doooooowwnnn
depresssssed and
sooo tired

More laughter—it doesn't have to be so serious all the time,
you know! We continued:

I deeply and comPLETELY accept myself and
I choose to have lots of energy and enthusiasm.

Beginning to shift

At that point, the color jumped back into his face, he sat up
straighter and was willing to be totally present. It was such a joy
to see. I love this. We kept going, and tapped on:

Even though:

I'm afraid my heart is weak
and I'm afraid it will fail
and my veins are weak
I deeply and comPLETELY accept myself and
I choose to have lots of energy and enthusiasm.

Later

As I write this about two months later, I have a piece of paper
sitting beside me that lists his heart rates for the September,
December and January checkups he had. The first was 171/80,
the second was 169/90, and the last, which was measured a
week or so after this session, was 144/68.

Can I say conclusively that EFT really made that exact change?
No. But I *can* say it had positive effect.

Early hurts

When you get hurt at age seven, and your system is trying over and over to get itself fixed, you continue to BE seven, in relation to that hurt, until you find a way to resolve the disrupted energy and grow up.

So honor that—be five, ten, whatever.

**Listen to the child you were,
acknowledge the hurt, and tap on it.
Shift the energy and make another choice!**

Shine!

What if you were a bright, cheerful child, and someone couldn't handle that you were, or didn't like your being so bright ? You may have suffered because of situations or circumstances that had nothing to do with you personally.

You probably learned to hold in your shine, in order not to get punished.

That beautiful shine needs to come out now! Try this:

Even though:

I'm angry and
I feel like I have to hold my shine in
for fear of others' judgment,
and I shrink around people and I'm sick of it,

I deeply and completely accept myself and

I choose to safely shine

to reclaim my power

to experience radiant and beautiful wholeness

to experience my ME-ness!

Tapping is like clearing the table after a big messy feast. Throw out those crumpled smelly beer cans and dirty ashtrays—who needs them? Clean off your table and set a new feast—it's time.

**When you tap, you energize your system,
making it possible for the scrambled energy
to correct itself.**

More Added benefits

It's amazing how issues that you don't even think about clear up when you tap on other issues, or with someone else. A few years ago when I was living in New Mexico, I went to the Santa Fe Flea Market on a very hot day. I walked around for about three hours until it was too hot to move anymore. It was only about one in the afternoon, but I felt light-headed and my feet hurt like crazy.

When I got home, I had some odd looking, bright red patches on my ankles. It looked almost as if my veins were popping through my skin. The ankles themselves didn't hurt, but it looked like I had taken a blood bath.

Over the next week or so, the splotches turned a hideous brown right under the skin. I thought it would go away after a while, but it didn't. I started wearing socks—my ankles looked filthy, and it was embarrassing.

I asked this doctor and that practitioner what it was and how to clear it, but no-one knew what it was, or was able to give me a solution.

One thought it might be mercury poisoning coming out, another thought it was a sign I was an aneurysm candidate, another thought I was going to have a heart attack, and others thought this and that. Essentially, no-one knew.

Borrowing the benefits

Finally, four years later, I tapped with Elliot on his heart problem and weak veins. When I looked down at my feet a few days after we tapped, I noticed the brown spots were subsiding. I wasn't sure, so I waited a few more days, and re-tapped on it, adding how I felt about having the things there.

Even though:

I'm afraid my heart will collapse on me
and my veins will, too, and
I hate the way my ankles look, and
I hate it that my veins are weak, and
I'm afraid I will die young like my parents

I deeply and completely love and accept myself,

I am willing to consider that I can forgive myself for my own contribution to this problem
I choose to have strong, healthy veins and
I choose to ask and allow my subconscious to do whatever it has to do to enable my body to get them strong again.

Guess what hideous big brown splotches are almost completely gone now—after being there for four years? Ha!

Borrowing benefits

When we get results from tapping along with another person, even when they're tapping on an issue we don't even have, it's called "borrowing benefits."

It doesn't matter if we don't have the same issue they are addressing. Our handy-dandy reliable subconscious goes to an area of disrupted energy, and clears it as we tap with our friend, child, spouse, client, animal or whoever!

Amazing. I've seen it happen a lot in my classes and workshops: one person will have an issue that we all will tap on together, and everyone ends up feeling great.

Imagine what a large group—a really, really large group—could do, tapping together....

Quick-relief collarbone tapping

I facilitated an EFT support group meeting yesterday. Gloria, a woman sitting next to me, was telling me about someone she knew who she wanted to help with EFT. She suddenly became very upset, her eyes filling with tears and becoming red around the edges. Her breath got short, and her face abruptly lost all color.

I showed her how to tap on the very tips of her collarbone as she stopped to take the time to consciously breathe. She and I did that together for a time, until I saw that she was ready to do a little tapping on the issue itself. Gloria still couldn't speak yet, so I asked her if it was OK to tap on her hand and face as I said the setup statement and phrases.

She nodded, so I went through three setups, and then we tapped a few more rounds, ending up with...

...and I choose to feel calm and comfortable.

She sighed a huge sigh, and settled back into the couch. Her color had returned, her breath was good, and her eyes were clear again.

I asked Gloria how she felt. She started to say fine, but when she started to think about the topic she'd be so caught up in, yet another aspect of it came up—and we did it all over again, tapping on that specific issue.

I turned to the rest of the group and asked them to do more of the collarbone tapping with us. Then we all tapped. I just decided to assume Borrowing Benefits would work for us, and it did. We kept on tapping a bit more, until it felt done.

A big sigh

As before, she did a big sigh when we stopped. This time it felt to me like the shift was solid. I pointed out to the group that the Big Sigh often meant that you had passed through the energy disruption and it was released.

Often when you tap on something, even big gnarly issues, if you don't write it down, you can forget all about what it was that had you so upset! Really! It's called the Apex Effect, and is quite common.

I talked to the group about how it seems at the beginning of a session that the issue is huge, impossible to solve,

and hopelessness fills the air. And then amazingly enough, afterwards it seems like nothing at all!

The rating

One woman asked about the rating thermometer, why it was important.

It's important because, once you straighten out the energy in your system it's so normal to feel good that you can easily say that the issue was no big deal in the first place, and since it isn't anything at all now, what was the fuss about?

The rating you get from the thermometer is a reference point: this lets you know that you actually did something, and you can actually see and measure how much you did.

The rating can tell you if you're done, partially done, or even stuck—in which case you need to look for other factors to address in order to get the rating down to zero or a near-zero.

Forgetting

They also asked why you can even forget what it was you were tapping on.

There are a couple reasons for that. One is that maybe your system thought it was too big an issue to deal with, and it was trying to avoid it to protect you from having feelings you didn't particularly enjoy.

In the beginning when I first started to use EFT I would quite often simply pass out as I was tapping. I would just go right to

sleep—in an instant—right in the middle of a sentence. Often, that sentence was usually a setup statement. When I awoke, I would be a little disoriented, not knowing what I had been doing or where I was.

One track mind

But I'd go right back to the issue and take up where I left off. I knew my system was trying to prevent me from re-visiting the old hurts, but I was determined to carry on and heal it.

I realized, too, that I could tap on thanking my system for its concern, and tell it that I was OK, and that I would rather clear these things than carry them around anymore. *After I did that, I didn't fall asleep anymore.*

Are you done?

Another reason for forgetting what you are tapping on can be that you are done, clear, finished with that aspect or issue. Notice, as you realize you're forgetting, if you've yawned deeply or taken a big sigh, or if you're breathing more deeply, or now feeling more energized.

If so, check to see what your rating is. And if you're done, stop! No need to go on!

The Point

Some people have different points that seemed to ease and release emotions for them. I like the collarbone point. But yours might be something else.

You can call yours The Point—a specific point that works for you. It can vary wildly in location, person to person. I also like the under-eye point, especially for headaches.

Crying at weddings...

On one of Gary Craig's educational EFT CDs, he tells about how he had been moved deeply about his daughter's upcoming wedding. He was concerned that he'd be walking her down the aisle crying like a baby and didn't think that would be so great.

Since he'd found that the collarbone point was a good release point for himself, he decided to unobtrusively tap on it if and when the tears started to come up at the wedding. Which they did, and he did, and he was fine.

Signals

Recently when I was speaking with someone about making a business plan for marketing my coaching, I started to get sleepy. It felt like if I didn't lie down *right now* I would simply collapse on the floor in a puddle.

I had been wide awake the moment before, and now I felt as if I was going to pass out on the spot. Did I need a rest?

No. I needed to take time out to see what issue was up that needed clearing in order for me to pay attention to and really hear what she was saying to me.

I excused myself, took a few moments in the bathroom to do a little tapping on my fear of being seen as stupid and how hard it felt to do a business plan.

Then I was able to come back to the meeting even more alert and receptive than I had been before.

**If you can really pay close attention,
keeping your mind connected to your deeper
Knowing, you can stay on track better.**

Speaking of needing to rest...

It's a real mistake to make yourself bully on when you need to rest. When you recognize that you're not fully 'on' and take a little nap or 5-minute rest or stopping point, it can be an opportunity to regroup, tap, or let a new idea through. It can have monumental consequences later on.

I personally take 30-minute naps in the afternoon, because just as I doze off, I get great ideas about things. I let them sink in, then I rest a bit more, and pop up at the end feeling way more energized than I had been before.

Tantrums

My friend Rachel has two grand-daughters, aged 2 and 4. The two-year-old, Tina, was prone to throwing some mean tantrums.

Rachel was engaged in finishing up a three-year back-to-college program and sometimes found it difficult to deal with the kids' high energy—especially the tantrums—when the girls came to visit her. She was also going through a long, drawn-out, very challenging, very uncomfortable situation where she worked.

Rachel learned EFT and began using it on herself at home. Little Tina watched, saying nothing. Later, when Tina was working up

to an I-don't-want-to-go-to-bed tantrum, Rachel sat with her and tapped on her little body, saying the phrases for her:

Even though:

I'm angry I have to go to bed
and Gamma is going to leave me in here
and I have to go to sleep and I don't want to
I'm a great kid

Even though:

I want my way and I can't get it
and I have a hard time getting people to
listen to me and what I want
I'm a great kid

Tina calmed right down, and Rachel easily concluded the nitey-nite rituals.

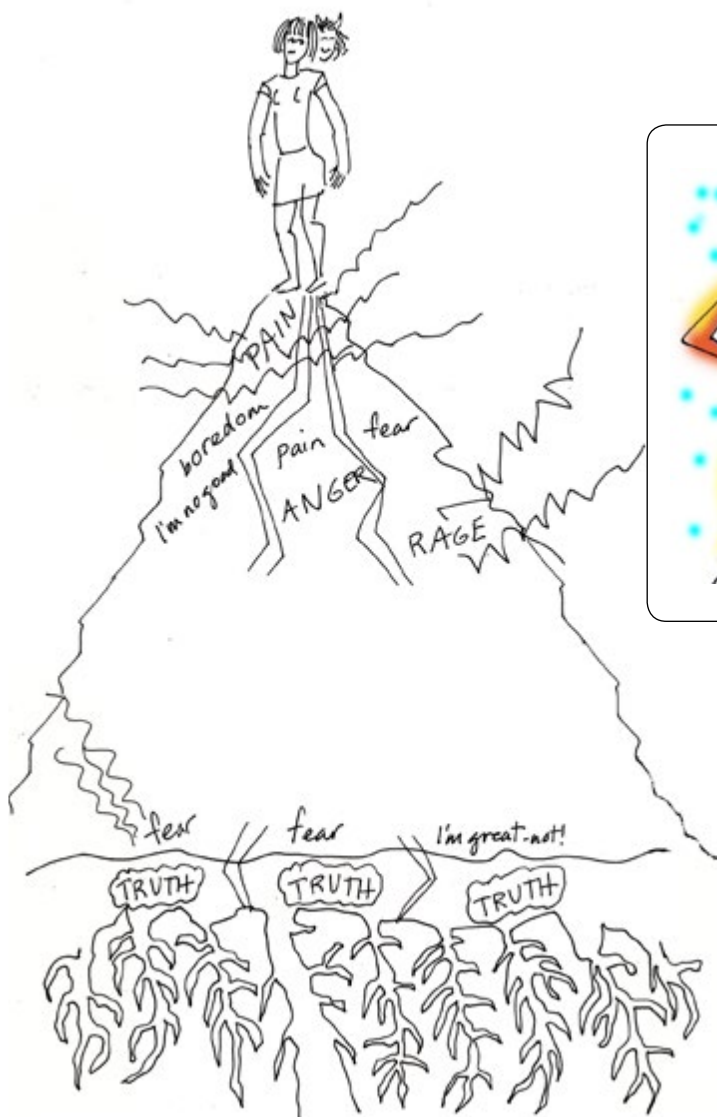
"Tap me, gamma!"

A few days later, Tina came up to her and put Rachel's hand on her forehead, and said, "Tap me, Gamma, tap me!"

Since then, Tina frequently asks Rachel to "Tap me, Gamma!" Rachel says tapping has brought Tina a level of calm she'd never had before. And, since she was able to choose other, more satisfying ways to get her way, Tina hasn't had so many tantrums. Rachel was able to feel better, too.

On the next page, you will find an exercise for clearing feelings that EFT Master Rue Hass cooked up for one of our teleclasses. You can find her at IntuitiveMentoring.com.

An Exercise: Make a copy of this page. Fill in the middle of the mountain with all the feelings you don't like feeling. Now tap on each feeling, and when you feel a shift, choose the Real Truth about you. See if you can end up feeling like the little drawing on the right!



Chapter 8

Defining the Issue

Where to start??

People have asked me where to start. I say it's easy: start right where you are!

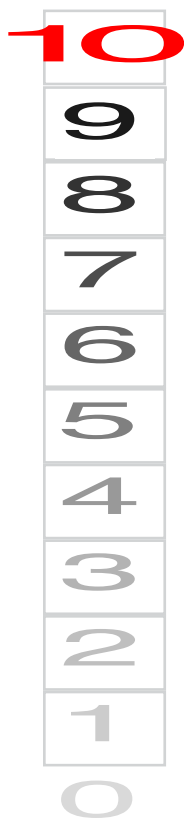
I know, that sounds a little glib, but there it is. If you feel depressed, start with feeling depressed.

If you feel sad, start with feeling sad.

If you feel angry, start with tapping on how angry you feel.

Maybe there's something you want to add or expand upon in your life. Start with how you feel about not having that thing.

Or maybe start with how you feel about that expansion—is it going to be hard? A lot of work? Do you believe you can do it, deserve it, be safe with it?—and so on. Write whatever it is down.



Rate it

Start off by rating your feelings—remember to make use of that big old thermometer!

Let's say you feel angry about something. If you took a rating with 10 being most angry, what number would you give it on the thermometer?

After you have attained your rating, say your setup phrases three times as you tap on the Karate Chop Point or rub the Sore Spots:

Even though:

I feel angry

and I hate feeling this way

I don't like it and I don't like myself

I still deeply and completely want to love and accept myself.

Then tap the Sequence as many rounds as it takes to get the rating down to zero or a lower number. Often it takes a just a couple of rounds.

What to call it?

If you can't find a name to identify a particular feeling, you might see if there's an unwanted, uncomfortable physical sensation somewhere in your physical body. Many times there will be a pain or tightness in your body that you're so used to that you don't even notice it's there until you do this specific, detailed inquiry.

It could be a tight feeling in the belly, pain or stiffness in the back or legs, constriction in the throat, or a fast-beating heart. It could be a vague feeling of pressure, or a dull ache in your chest or belly. Maybe you feel like your breathing is constricted, or your shoulders are tight. Or, it can even be a feeling outside of your body!

Be diligent

Now that you have tapping, you need to get used to the idea that you can relieve uncomfortable feelings. You can stop being afraid of feeling.

Why is that so important? Because if you're afraid of feeling the feeling and only feel half of it, how will you know whether or not it's gone? You must notice it and feel it as best you can, but don't freak yourself out.

Tap on being afraid to feel the feeling, and what might happen if you do feel it. You'll get relief and be able to go on from there.

I go into addressing intensity in the chapters about Chasing the Pain, and Aspects, in *Change Your Mind! Advanced*. Knowing about these is invaluable and will accelerate your progress considerably.

Breathing

Let's say you're in a situation where you have constricted breathing. You start by rating how constricted your breath feels. Rate the feeling from 0 to 10, with 10 being most constricted. Then repeat these phrases three times as you tap on the Karate Chop Point or rub the Sore Spots:

Even though:

I have this restricted breathing
I deeply and completely accept myself

Then tap the Sequence. Rate it again.

Keep tapping until you're comfortable, or when the unwanted constriction is gone.

Obviously you have to breathe, but breathing well is important because not only do you need to get oxygen to your system, but if you can't breathe well, you lock yourself right out of the bliss modes that are your natural right. Breathing is the Key to the Gateway to Stillness, that Quiet Place within.

Getting present

The EFT process is a very profound way to get present—here—right here—with all your attention gathered in this one time and place. When your attention is scattered all over it's difficult or even impossible to function well.

Signals

When you start to feel "off" or feel not-right, your body/mind system gives you signals that tell you that something is out of order, that you need to pay attention, take care of yourself. You'll feel dull aches or get nagging, niggly thoughts to remind you to look within and realign your energy system.

If you keep on going without paying attention, the pain often increases until you can't ignore it any more.

Numbing out

What your upbringing has taught you can really get in the way. If you have a headache coming on, you might immediately think about taking something like over-the-counter medication to ease the pain.

But what if the pain was there to tell you something you needed to know, like that there's a place you need to clear out of your system so you could function better?

Now your system has to find *another* way to signal you, because you have numbed yourself; you're unable to listen to or heed the warning it sent you via the headache or other bodily sensation you might have.

I used to get monstrous headaches. About three in the afternoon it would start with a slight ache in my temples, a little burning behind my eyes. If I didn't lie down right then and take a short nap, I was a-gonners for the rest of the day, the evening and the whole night. The headaches were so bad I couldn't even move a fraction of an inch. Essentially, they crippled me.

I finally paid attention to the fact that my life wasn't anything like I wanted it to be. I did something about it (got a divorce!), and—surprise, surprise!—the headaches went away.

Better choices

Had I known about EFT, instead of having to lie down and take a nap or guzzle pain pills in order to function, I could easily have gotten relief by tapping on the headaches. My relationship with my spouse might have improved, too.

I might have been able to make choices that were better for my life instead of having to resolve the problems I had created for myself by going miles and miles down unnecessary back roads. My life—and my kids' and ex-husband's lives—would probably have been quite different!

If, in the past, I had had EFT, I most likely would have been able to calm myself by dispelling a lot of the fears and nervousness that I was so familiar with that it seemed part and parcel of my being. Now that I've discovered that I can relieve myself of my own pain, it's easy to see that I, in reality, was not being myself. I had no idea that being such a bundle of frazzled nerves wasn't really me!

Feelings for no reason

There are times when you might find yourself being a bit snappy or irritable, impatient, or just a little raw.

Yesterday was like that for me. I heard myself “kidding” Freda in a manner that would make most people react rather strongly—fortunately she has a very strong sense of self, and knows me well enough to let it roll off her back.

But as I went through my day and kept hearing myself nag her, which was really completely unlike me, it finally came to me that I needed to tap on this.

I had forgotten to remember to tap on how I felt! The feeling of snappiness was such a low-level and inconsequential feeling that I hadn't given it enough attention to think about tapping. So I tapped on remembering to tap!

What, what?

But what to tap on? I really had no particular issue in mind, other than being a bit snippy. So I just started with that. I rated it at about an 8, since I could hear the edge of my own voice. Then as I tapped on my Karate Chop Point, I stated:

Even though:

I'm feeling snippy,
I deeply and completely accept myself

Then I did the tapping sequence. The feeling quickly went down to about a 2. I did one more round and it was completely gone. But what came next really surprised me. I was overcome with tears in a flash so fast it took my breath away. The thought came to me that I was deeply disappointed in my life. There was no particular reason as to why, but there was just a feeling of very deep disappointment.

I rated it at about a 9 and tapped on feeling really disappointed. I got down to a zero very fast. In actuality, I knew I had nothing at all to feel disappointed in about my life.

Environmental factors

Then I noticed that the wind was blowing really hard outside, in big ferocious gusts. It reminded me that for some reason I have always been really affected by the wind.

I'm not enough of a scientist to know what kind of electrical role the wind plays in our energetic lives, but I do know that when it blows like it did yesterday sometimes I feel totally crazy and out of control. Like I need something that I don't know if it

really even exists, or what it is if it does. Or like I'm hungry for something that I can't think of.

I guess it could just be called anxiety, feeling jangled, nervous. It feels like my nerve-endings are exposed and raw. I checked myself again, and yup! I was still feeling on edge. So I tapped :

Even though:

I feel crazy and out of control with this wind,
I deeply and completely accept myself.

That brought me to a zero, and I was fine after that.

Un-named forces; silent tapping

Other times I'll tap on a feeling or a botheration that I can't quite name. I start with:

Even though:

I have no idea what is going on with me
I know my subconscious knows, and
I deeply and completely accept myself.

Images or memories often come up, very clearly the energetic cause of that issue. Just tapping without saying a thing often brings up the images. Very handy.

Feeling others' feelings

As a child, I remember feeling really bad after every time this one person came over to our house. I'd go up to my room and cry and cry and cry.

Later my mother would say how sorry she felt for that person, how hard a life she had.

It didn't dawn on me until many years later that the feelings I was experiencing were that person's, not mine! I would have feelings of deep sadness, or anger, or fear—and there would be absolutely not one rational reason for it in my own life. They were hers!

Is it mine?

I still forget to check sometimes, but most times now I can feel if the distress I'm feeling is mine or not. If there's no reason to feel as I do in that moment, I have probably absorbed someone else's charge on something.

That's why people come away from reading or seeing the news on TV feeling such strong emotions. There's an enormous amount of fear, anger and sorrow being blasted into our lives by the media, and we buy it hook, line and sinker. We buy it and hold it tight.

**Learn how to discern.
Really feel whether or not the feeling
is your own.**

Of course, even if it isn't ours, we can still tap on it. We can tap to relieve ourselves of the pressure. Here's how:

Even though:

I feel _____

I deeply and completely accept myself.

I choose not to take on others' feelings!

Even though:

I feel others' feelings

I can't help feeling others' pain

I can't help taking on other people's stuff

I still deeply and completely accept myself.

This doesn't mean you will become dead to others' feelings! To be free of feeling (or becoming identified with) others' feelings simply means that you can recognize whose is whose, and choose to steer clear of holding onto someone else's feelings: even when there is chaos and cataclysm around you, you can keep a level head. You are still capable of feeling and empathizing with, and being compassionate for others.

Babies & little kids

Have you ever been in a store, a restaurant or a movie where there's a little child or baby crying? They cry and cry and cry, and it gets louder and louder until you stop and wonder what is going on. If those cries bug you, ask yourself why.

It could be that you have a belief that kids should behave in stores or movies, or that babies or infants don't belong in movies or restaurants because they cry and upset everyone.

Or it could be because you remember what it was like going to the store as a kid and not get any treats.

Or maybe you can relate to the mother having trouble with the child.

And maybe you can feel how the child is feeling.

Tap on it!

Whatever reason we assign to the upset we feel upon hearing another's cry, it's now our issue! We can now tap on it all! I have to admit, I've become kind of a EFT maniac—here's a little story about what happened not too long ago in a local store here in Gore, NZ, as I was out and about with my house-mate, Freda.

Using EFT everywhere

Ordinarily I like to keep to myself as I go about shopping and doing errands. But lately I've been doing things that have really surprised me.

We were at the Warehouse, New Zealand's version of Wal-Mart. I heard a little kid crying a couple of aisles from us. I didn't think much of it at first, but it went on and on and on. I began to wonder if the child was sick or if the mom was in need of some kind of assistance.

I moved closer and saw a woman and a couple conversing. They paid no attention to the woman's son, who was maybe 2 years old. He was sitting in a shopping cart, screaming at the top of his lungs, pulling a baseball cap hard over his eyes with both hands.

New Zealand is Polite Land, so a crying or fussing child is really unusual. I was surprised that everyone was being so casual about the little boy screaming away like that. Usually folks here in NZ pick up their kids and try to hush them.

I stood in the next aisle unobtrusively watching for a few more moments. The friends left the woman, and she calmly went

about shopping again as if it was no big thing that her son was screaming bloody murder. I figured he must do this a lot for her to be so nonchalant about it.

So I walked up to her and asked if I might be of help, and could I be with her son for a few minutes. She smiled, said, "Oh, he's just being 2, but yes, go ahead."

Intuiting for a little boy

I leaned a bit toward him, squatting a bit down so I wouldn't look too big and scary to him if he came out from under the hat to look.

I put my left hand near, but not on, his right shoulder, kind of cupping it energetically. As I did a collarbone tap on myself, I started to make sounds like he was making—quite loud, but not too loud. It surprised him into a slight pause, but he kept going.

I continued to make sounds like his, just to get a rapport with him (I do that with animals, too, to get a line of communication with them when they are frightened or ill. They will stop being so distant and look right at me. Then I talk with them just as if they understand what I say. I really think they do).

I kept tapping my own collarbone. I visualized tapping the Sequence on myself, and, I said out loud,

Even though:

I am sooo upset I want to scream all day, and
I'm sooo mad that I can't get anyone's attention,
and I am sooo mad I can't have my way,
I still am a great kid

I did a few rounds in about two or three minutes.

Relief starts to set in

He didn't stop screaming, but the tone of his cry changed, becoming softer and more forced, as if he wanted to cry but was finding it hard to.

Then there was a break as he lifted his cap enough to quickly look at me, then resumed his yelling—but more restrained, as if he now wanted to stop but still wanted to cry, too.

I continued to do the collarbone tapping as I just let words come into my head. Then abruptly, it was time to stop. Don't know how I knew, I just stopped. It felt somehow that if I went on, it would be overriding his will, and I didn't want to do that. My intent was solely to try to increase his comfort.

EFT is great for kids!

I spoke with the mum a bit, telling her briefly about EFT, how it uses stimulation of the meridians to smooth out unbalanced energy. She was a nurse, and was a little familiar with some of the current energy ideas, but not EFT.

Interestingly, as we talked, the boy softened his screaming as if he was listening, and only resumed when we stopped!

The mum mentioned that her daughter also got really mad at times, and she didn't know how to help her. I told her that EFT would help a lot with that, as well. We talked a bit more, then parted.

Who is that lady?

As Freda and I continued shopping down another aisle, the woman came up to us again. The boy was quiet now, and as she came nearer, she said to me that he had asked for me!

I asked her what his name was, and went over and said hi, using his name. He pulled his hat up just enough to see me, then yanked it down again as fast as he could. We played at that a few times, then I said bye-bye. He was smiling now! His mom thanked me, and they went off.

Using movies to de-fuse

On the one hand, I don't want to be a non-feeling, numb, or insensitive person. On the other, I also don't want to have an enormous charge on every last thing, either.

Life can be dangerous, yes. But I want to be able to walk through it without fear so I can see straight enough to make appropriate choices. If I make choices out of fear or anger, I can stray to and walk down paths I really would rather avoid.

So, I practice. I help myself get through feelings about situations I might encounter in "real" life by going to "guy" movies. I don't particularly like them, but I want to see what guys experience as their reality—as well as realities that are thrust upon them.

There are a lot of movies where there isn't one woman in the cast or as any important character. It always amazes me when I see that half the world's population is left out of those stories—mostly war stories or tough-guy movies.

War

I've never had any personal experience with war other than working with vets on their memories and pain. So I decided to watch war movies to practice emotional mastery. The movie I've used the most is *Apocalypse Now*.

I've heard many WWII and Viet Nam stories and seen pictures from those times, I've read about the Holocaust, I've seen news programs that showed fighting and its aftermath. But the scenes in *Apocalypse Now* seemed so real, so desolate, so desperately meaningless, so senseless, so utterly anguishing that the first time I saw it I lay in bed in shock for three days.

I had had no idea how absolutely lost and alone those men could feel. I had no idea how whimsical, cruel and remorseless the mechanism of a chain of command could be—or how rigid the imperative to follow it, even to everyone's fatal detriment.

It really came home to me on a very tangible level in my own body how gruesomely senseless the whole idea of killing human beings to ostensibly resolve any problem really was, and what absolute, intense and mind-shattering craziness the men fighting in war experience on a daily basis.

It's just a movie

At first I cried all night after movies like that. But now I tap on how I feel, and it becomes obvious that the movie is just that: a movie. Most times the movie is based around conflict caused by greed and selfishness, someone keeping secrets, a lack of communication or a lack of the understanding of everyone's common needs.

It's easy to see where pride gets in the way, or fear of reprisal, or some such restrictive emotion. One man's fearful actions or lack of ability to say how he feels can cause a chain of reactions that eventually end up affecting everyone.

For instance, in the movie *Bay of Pigs*, what would have happened if the rookie CIA guy was too afraid to do what it took to get through to the higher command's inner circle communications office so he could tell the Russian president to not bomb the ships?

Everyone else was being dragged along by fear of authority, swollen pride or not wanting to look weak. But he challenged the Russian president to be a man, instead of a reactionary fool who would, by pushing The Button, cause the chain of disaster that would end in global nuclear war.

He had the courage of conviction, and followed through with his actions. He also got himself sacked (he thought) by following his inner conviction. He told it like it was, for him. Was it important to him that he lost his job? No. He had the courage to tell it like it was, and it was more important to his heart than keeping a job that wasn't in integrity with his values.

Buddy-ship

War movies also show a brawny "camaraderie" that is built up in the armed forces, like a family substitute, a husky-hearty way to feel like a group of "real men." I hear from vets how important that bonding is. It's a real, valuable thing, and lasts a lifetime.

Other movies show how important it is to tell the real truth, be real with your heart, and take the consequences of the actions

that are wrapped around that truth. So when I go to movies like that, I use them to find places in my mind where I'm afraid of someone's reprisal, for instance, or authority, or being in pain, or telling my own truth. I use the feelings I feel in these movies to clear my own system.

An interesting aside

When Martin Sheen was being filmed in *Apocalypse Now*, he had a heart attack. The story is told that, as he lay on the stretcher waiting to go the hospital, he expressed to his wife how afraid he was. She leaned over him and whispered, "It's only a movie!!" This one sentence was the key to a mental shift that gave him another viewpoint, so he was able to relax and decide to live. Pretty powerful.

Tapping for the non-human!

Recently, my computer was acting up. It sounded like a sick cow. I do so much business using my computer I felt panicked. "What if it died? How could I keep on? What do I do about this? Is there even any other Mac person in Gore? In the area? I feel so alone in this faraway land halfway across the world from home. And different. Really different from everyone here—to the point of feeling very lonely sometimes."

I wondered if I could tap for the computer—as well as myself. A little bizarre, but—so? I pretended I was the computer:

Even though:

I feel like a complete idiot, tapping for a computer
an outlander
unacceptable and crazy

all alone and sick
I don't know how to get fixed
there is something major wrong with me
it will never get fixed
no-one knows how and
no-one even wants to help me
no-one can help me
I deeply and completely accept myself and
I choose to experience optimal health and
to know at my core that I am loved

Tapping for the computer and myself felt strange, but after about three rounds, it stopped its lowing sound! I had a flash of intuition about what was really wrong with it. I found and called the Mac place in a nearby town to see if I could get them to fix it. Which they did. And we both—computer and I—felt better!

Which brings me to the importance of...

Making sounds

There are times when I have no idea what it is I'm dealing with, but I know I'm feeling "off." And sometimes my feeling-intensity is so strong that I find it impossible to form words. So I just say:

Even though:

I am arrrrggggghhhhh
I deeply and completely accept myself.
even though I am so waaaaaahhhhhh
I deeply and completely accept myself.

It really doesn't matter what the issue's name is, as long as you can find and address it. Your subconscious knows what it is,

where it is and how to get to it. Let it go there and do it! Just being able to express it feels good—but being able to tap on it and let it go is awesome good fortune!

So again, just start where you are. Even if there is no name for how you feel—just grooowwl or hooooowwl and let images, sounds or feelings come as they will. The point is that the process can help smooth out or completely take away that pain.

My husband drinks and gets ugly

My client Penelope was upset about how her husband treated her when he drank. With others, he was the life of the party, but at home, he became severely abusive to her.

She told me that she had tried to tap on the situation, but was unable to find words that felt right to her, or that resulted in any real change for herself when she was done tapping.

Be specific

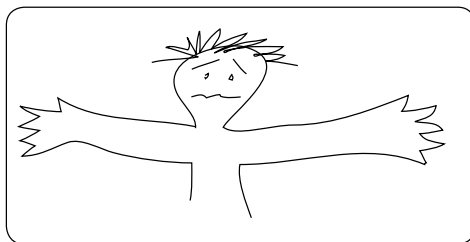
Penelope said she had been tapping on feeling bad, feeling hurt, and other such global terms. So I explained that although you can tap on general issues with success, you need to get more specific.

She said she found it difficult to find “the right” words. I explained to her that it’s best to start right where you are, and asked her exactly what prompted her to meet with me. She said that he had yelled at her and she felt squashed. Well! That sounded like a great place to start!

I held my arms out as wide as I could, and said, this is a

ten. Then I closed my hands together in front of me and said, this is a zero.

Using that formula, how intense is the feeling you have around this?



So she moved her arms out, and got a rating of an eight out of ten intensity. So we tapped together:

Even though:

he yells at me and
I'm afraid of him and that he might hurt me and
I feel humiliated and squashed
I deeply and completely want to accept and love myself

We got that down to about a three, then a zero.

An energy pattern

Through talking about her situation, we discovered that there was a repetitive energetic scenario: he yelled at her to the point that she cried, then he would soften and console her. She had tried to harden herself to the yelling since she had become tired of crying all the time, but she didn't want to go through the pattern anymore. We tapped more:

Even though:

he wants to feel powerful but can't unless I'm hurt and

he has to save me to feel like a man and
is threatened by my strength
I deeply and completely accept myself and
I give up having to be weak for him to save me
or love me

Earlier

I asked her if she remembered the first time he had yelled at her, where she had first felt squashed. She remembered how they'd gone together to a social event when they were both in their twenties. The event was held by a group of her co-workers at a college.

She had been concerned that they wouldn't accept him, and asked him not to talk only about soccer and building, but to be open to what the others were talking about. He reacted by yelling at her and saying, among other things, "who the hell do you think you are?" Penelope's intensity on remembering and feeling that was a raging 10. We tapped:

Even though:

he yelled at me
and I was very upset
and I hated it
and I felt squashed and
hate hearing "who the hell do you think you are"
I deeply and completely accept myself

Going deeper

Another situation came up as we were tapping. We got the yelling/squashed feeling down to a zero. Then she told me

about how at the age of 15, Penelope had told her mother that she believed her mother didn't love her.

Her mother had yelled at her and denied "such a thing," and Penelope felt even less loved than ever. That was a full ten.

Even though:

my mother yelled at me and
I felt squashed and
I felt even less loved than before and
my mother didn't love at me
I deeply and completely accept myself

Being perfect

We then discussed how she had taken on the impossible task of trying to be perfect and do everything perfectly so she could be loved and accepted.

We discussed how difficult that was, and how, in truth, we are all perfect in our imperfect ways, how important it is to accept ourselves first.

If we don't accept who we are, then who will? We talked about how difficult it might be to live with a "perfect" person, and how he might feel about that. We tapped more:

Even though:

I have to be perfect to get my mother's approval and
to get my husband's love and
it just makes it worse for me to try to be perfect
and I hate it
I deeply and completely accept myself

Standing up for herself

Penelope talked about how she fell apart when she tried to stand up for herself and say what she was really thinking. Recently, after having not said anything to him about his drinking/abuse for a long time, Penelope decided she would try.

She asked her husband if he “had to do that” at the party they had been to. As she spoke the words, he started yelling at her and she collapsed, not being able to find the strength to even stand up or find the right words to say.

Coming home to yourself

It takes practice and patience to come out of a long-time, squashed shell. We talked about how, if I gave her a hammer, it's not likely that she would be able to turn around and build a mansion right away. She'd have to get used to the hammer, try it out, develop muscles, and start practicing on some old wood. Get her hand and arms and the rest of her body attuned to using the hammer and any other tools she'd be building with.

It's the same with coming back home to yourself—you need to build your strength, and practice practice practice. Get the rest of your system used to new energy running through it. Your system has to get used to the new tool and all the new information, as well as the new way of being that is a result of tapping—integrating it into your experience as smoothly and effectively as you can.

You can't expect to suddenly be able to eloquently speak up for yourself in a strong, determined way after having been beaten down for so long, after having been undermined, unable to

even think of the words, especially in any cohesive, meaningful order. So we tapped:

Even though:

I can't think of the words
and he yells and I fall apart and
I get so upset I collapse
I deeply and completely accept myself and
I choose to build my strength slowly
and I know that my subconscious will
show me the right words to say.

Communication

I suggested that getting together with some of her friends in a group and practicing speaking would be really important and beneficial. Tapping to get resentment and fear out of the way. Speaking from their hearts instead of their fear. Getting words, gestures and inflection back into their communication. Learning how to communicate from "I" instead of an accusatory "you," which only makes things worse. Lots to practice on!

What is enough?

I asked her if leaving him was something she had considered. She said that after 48 years of marriage, if it got to that point, yes, but she would rather not—she still loved him.

I asked her what "that point" was. She said that if, after a year from now he still hasn't come around she still feels frightened of him, it would be time for her to leave the marriage. She was OK with that, but certainly not excited.

Friend Pauline

We both have taken heart from a friend who has watched her husband change as she, herself, has gone quietly about taking self-empowering steps in her own life.

He was, in her mind, a cantankerous, silent, taciturn man who would never share an iota of information or news with her, even things having to do with the family or their property that they both managed—supposedly—together. They simply never talked.

Pauline decided to attend a weekly tapping class I give. Now, after having been steady and consistent with her tapping for six weeks, when her husband comes home, he asks her what she's been up to, tells her what he's been doing, and discusses things with her.

He even started asking her to go to movies with him, and took her out for Valentine's Day dinner and movie. She told me recently that he invited her to go on the trip she'd dreamed of for years, a safari in Africa, and they leave soon! All because she has been tapping on and changing herself!

**When you feel safe,
people feel safe to be around you.**

Why are we together?

I believe that relationships have purpose, and that if there is no longer any purpose to your relationship, you need to re-look at what you have, changing what you're doing accordingly.

A friend of mine once wondered:

**Why do we always look at what we
don't like and don't have?**

**What if we focused on where we do want to go,
what we do want to do, and
who we do want to play/work with?**

I asked Penelope if there was a creative aspect to her marriage, to which she replied that there certainly was—they designed and built things together. I suggested that she could focus more on that, and expand upon it with him, rather than zeroing in on what she didn't like.

Making the first move

I also suggested that she increase how much she complimented him, talking about how much she appreciated what they did together and had created as a pair—everyone needs appreciation and attention. She had to do it with as much real love and affection as she could, not just utter empty phrases—people know when we're faking it!

Appreciate

We all love to be acknowledged. We talked about how hard it is to begin to compliment the very people we're angry at or afraid of.

Sometimes it takes a bit of work to start being complimentary again. But since she was the one aware of the problem, she was

the one with the power, and it was her responsibility to make the moves since he was still in reaction. It can be hard to make the first loving move if you are filled with resentment.

Resentment

I read something the other day. I can't remember who said it, but it went like this:

"Resentment is like drinking poison and expecting someone else to die."

I laughed so hard I had to sit down—how perfect! Resentment eats you from the inside out. Hate eats the hater. If you tap on your feelings, get clear, and allow your natural love to just be, you're safe to be around.

If Penelope tapped on herself the way Pauline did, perhaps it might become safe for her husband—who is so accustomed to protecting himself by being rough—to drop his shield, even if only for a minute.

It may only be for a moment, but it's a win both for the person who became safe, and for the person who felt previously afraid. We tapped:

Even though:

I'm angry at my husband for what he's done and
he's been ugly and abusive and
has hurt me and I'm afraid he'll hurt me again
I deeply and completely accept myself and
I choose to look for what is good
and what I like about him and

to tap on my doubts, fears and insecurities
so I can become clear enough to see him
and his worth and my own!

Even though:

I feel ugly inside, myself, afraid and weak and
just a weak weenie, poor me....

Don't ask me what made me say that, but when I did, we had
cleared so much that instead of being offensive it was hilarious,
and we both lost it in gales of laughter. Color returned to
Penelope's face, and her voice was strong and musical.

Her intensity rating was down to less than a 1 now, but she
still had a bit of a "hole feeling" in her heart, and a feeling
like a knot in her belly. She was very much aware that she had
a problem, wanted to change it, and now had the tools with
which to do so. She knew she was the one with the power.

We tapped more:

Even though:

he makes me sick
I feel like I have to vomit I'm so stressed out
I deeply and completely love and accept myself and
I am willing to consider forgiving myself and him for anything
we have done to contribute to this

Clearing with imagery

That done, I had her close her eyes and tell me what the hole
in her heart looked like. I had her go inside her heart with an
imaginary fire hose that squirted out a big stream of brilliant,

sparkling white light to clean out any residue or remaining grime in the hole.

The belly knot

We looked at the knot of fear and anxiety she was feeling in her belly. The rope was grey, rough, thick, and stiff. She 'went in' and untied the knot, and slowly removed it. I had her hold it up in front of herself and gradually run down its length with her other hand, covering it with light as she did.



After a couple runs down the rope I asked what it felt like now. Penelope said it was smoother and the color had changed to white. She turned it into a little ball of cotton, and blew it away.

Then I had her go back in, clean and fill the place where the rope had been. She came back to the present when she was ready after taking a couple deep breaths. When she opened her eyes, it was as if there was another person sitting in front of me—she was bright, alert, and her eyes were shining with love and ease.

Marriage or divorce?

There's something else I want to say here. We marry someone for good reasons (well, most of the time). In the daily struggle with kids, cars, money, war or whatever, it's so easy to forget we how very much we used to love and adore the other person in our partnership. S/he can become the target for everything-

that-is-wrong-with-marriage/life. This is a cop-out. I've talked with more than a few divorced people who tell me how at first after they got divorced, things were great...but then the same old stuff came up again in new relationships. In reality, no matter if they were married or not, they still had emotional and mental entanglements that needed to be cleared up.

Sometimes I wonder how necessary it is to divorce to get personal resolution. Try to remember the person you married. But if he or she just isn't—or you aren't—there anymore, maybe it's time for you both to move on.

Asthma and expression

Marie was a slim, trim, strong, shy woman in her thirties. She was curious to see if EFT could help with her asthma.

Although she had been a massage therapist for some years and had a fairly good grasp of energy theories, she was worried that EFT couldn't possibly change anything. No other therapy she had tried had worked, and she was allergic to conventional medicines and sprays she was given by her doctor. To say that she was highly skeptical would be an understatement.

We carefully rated her constricted breath. She said it was worse than usual, a nine. She was very obviously struggling to breathe fully. We tapped on:

Even though:

I have this "nine" constricted breath and
I have to struggle to control it and
I have to struggle to contain my fear and
it makes me feel weak and

I'm afraid I might pass out driving
I deeply and completely love and accept myself
and my body

Within about five rounds we got a fifty per cent improvement in her breathing. Marie could sit up better with more strength in her back, and had more light in her eyes, and wasn't straining so hard to breathe.

My mother the brute

I asked her if there was an emotional component here. She just laughed! "Yeah," she said, "My mother was a brute. She beat me and made me do all the heavy work around the house, take care of my younger brothers and sisters (seven of them), and never let me utter one word. I ran away when I was thirteen."

I asked her if there was one situation she could select out of all that, that would be a key incident that we could tap on. So we tapped on:

Even though:

my mother didn't love me and
screamed at me as I left the house that day and
told me I'd never be any good and
I was a mean, nasty girl and never to come back and
I haven't said much to anyone since then
I deeply and completely accept myself

Sudden rage

Here, she burst out in a huge rage, hardly able to sit down. I had her jump up and walk around. We both stomped across

the floor, back and forth. We did wild tapping on our collarbone points until she could talk again.

She was very embarrassed, not accustomed at all to so vehemently revealing her feelings, especially in front of a complete stranger. I assured her that since her mind/body system felt safe, it was allowing the triggers and signals that we ordinarily call symptoms to come out and reveal their messages.

Those messages, although coming out as different pains, feelings, or strong emotions, usually say the same thing: "Hey! I want you to pay attention! Here's some disrupted energy that needs to be healed and realigned with its own original natural pathways! DO something about it!"

In the past, we *wanted* to do something, but didn't know how. Now we do. We tapped some more:

Even though:

I can never say how I feel and
I'd for sure get punished if I did and
my throat closes up when I try and
my voice is weak and unsteady and
I still can't breathe completely fully
I deeply and completely accept myself
and my amazing ability to easily say what I need
and want to say

I kinda slipped that last one in on her, and as she said it, she lit up like a lighthouse. She practically screamed, "Yes! That's it! I easily say what I need and want to say! And not only that, but I do it safely, too!"

We did more rounds, making more positive choices, installing

the possibility that breathing fully was not only within her capability, but safely and happily expressing herself was, as well.

A note on safety and privacy

Many people have issues that they feel are way too sensitive to tell anyone, even in a private session. What's so awesome about EFT is that since it is so flexible, people who feel like that can use it to work on their issues anyway—they can just say even though I have this *hmm hmm hmm* instead of naming the issue!

The subconscious knows exactly what's going on, and will direct the energy to just the right spots to clear the issue up.

This modification can be used with anyone, but is especially good for kids. Kids often don't know how to express what's going on with them, or don't like to tell people what they're feeling.

It's great for vets, especially, and for abuse survivors, too, when the pain is too huge or too embarrassing to say in front of some one else.

We don't have to say words when we tap!

Be present: start right where you're at.



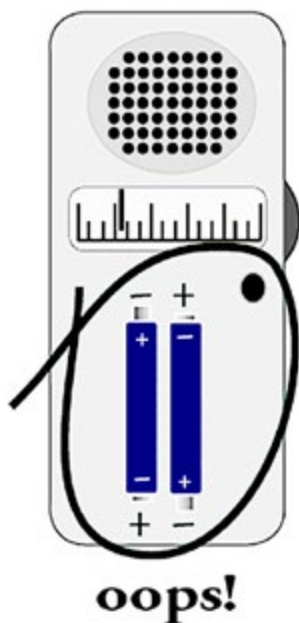
Chapter 9

Reversal

What is Psychological Reversal?

Often, the energy in our body's electrical system can be reversed from its natural polarity. That's called a Psychological Reversal.

A Psychological Reversal is simply an imbalance in your body's energy system that affects your psychology.



Reversal of your energy's natural polarity can have enormous impact. A psychological reversal blocks your attempts at healing: if a psychological reversal is present, there will be little to no healing progress, no matter what modality is used.

An example

What happens if the batteries in your radio are placed in reverse position?

Right! Exactly nothing!

Why? The poles are reversed, and the circuit is broken. It won't run because the energy is blocked, and cannot get through the connections.

You can paint the radio another color, twist the knobs, turn it upside down, bash it, stretch it, tweak it or try to change stations—but without the batteries put in correctly, it just won't work.

Same thing with the body/mind. If positive is where negative ought to be and vice versa, how can it function?

How does this happen?

Imagine a plate with sand on it. Obviously, if you jolt that plate, the sand will shift on the plate, and if jolted enough, spatter or fall completely off. It's the same with the body's energy system when our energy gets jolted—the energy shifts from its original position. Unless consciously re-directed, it doesn't go back into the same position from which it started.

What happens when the energy in your body gets shifted? You get pain, dullness, foggy mind, headaches, disease, and too many symptoms to even list here. You end up not being able to function at your highest level anymore—with all the multiple shocks, disruptions, bumps, traumas and jolts we get in our lives, it's a wonder we function at all!

Trauma

Trouble is, traumatization which causes your energy to become reversed can cause you to possibly make incorrect decisions or have incorrect perceptions.

Waves

When I was five, I went to a beach with my family. There were big shore breakers, and since my mother knew I loved the water, she had to keep an eye on me so I wouldn't get pushed over by the waves or get sucked out by the undertow. But she was distracted for a split second, in which time I got pushed over by a wave. I fell under the water and was pulled out under the wave. I was terrified. My lungs were burning, I couldn't breathe or see or hear, and the force of the water was so strong I felt as if I was going to drown and be pulled out to sea.

An important reframe

My dad saw me disappear, though, and ran to grab me out of the surf. Instead of comforting me with, "Aw, you poor thing!" and a lot of feeling-sorry-for-me wailing and comforting, though, he reframed it—he turned it around for my mind by saying, "Wow! What a courageous girl you are to brave such big waves! It's a good thing you're so strong and able to swim!" He went on like that until I stopped coughing and crying.

Then he waded out with me until we were beyond the shore breakers, and showed me exactly what to do when I was pushed over by a wave, and stayed with me until I was good at it.

If he hadn't done that, it's very likely I could have developed an extreme fear of the water, and ended up with a belief like "the ocean is a killer," or "I'll die if I go in, or even near, that water."

I could have ended up like many people with water phobias, shaking and nervous, heart pumping fast and sweaty hands every time I even thought about going within 50 feet of the

water, even tap water. I could have had a major reversal there, but didn't, because my father helped me to redirect my shaken energy in a positive way.

People do experience reversals which cause phobias. And not just about water. About heights, flying, the opposite sex, sex itself, driving, being out in the open, snakes, animals and insects, dentists, public speaking—many phobias for many situations.

**It has been discovered that in most cases,
if someone has a phobia, there is
a psychological reversal is present.**

How do I know if I am reversed?

If I have had a long-standing problem for which I have gone to health practitioners and received help that didn't last, chances are that my system is reversed.

If I work really hard at my job or at my business, and get within a hair's breadth of succeeding and suddenly everything falls apart, time after time, you can bet I'm reversed about succeeding.

If I have been depressed for years you can pretty much assume I have been reversed for as many.

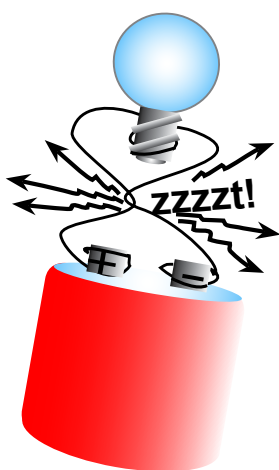
If I am a workaholic, addicted to smoking or alcohol, drugs, sex, abusive relationships, or have compulsive behavior, I will most likely be reversed.

And if I tap and tap on anything and get nowhere, it is very likely that I am reversed.

Electrical reversal

Our energy works like an electrical circuitry in the body system.

When your energy “wires” are healthy and in their proper places within our system, uncrossed, unfrayed and uncut, you function just fine—just like a battery hooked up to a light bulb.



Maybe you remember what happens when you crossed the wires in the back of the old-timey radios—it made a *zzzt!*, a crackling noise, and the radio wouldn’t work, or may even burned out.

When your “wires” are crossed, you feel burnt out and can’t function well. The circuits get fried, and the energy can no longer run freely through you.

But when the circuit is healthy, it operates in a normal fashion.

The EFT process takes care of reversals

Most energy practitioners use muscle checking, or kinesiology, to check whether or not their clients are reversed. When we use EFT, though, we find that muscle checking isn’t really necessary because the EFT process in itself includes a segment that takes care of reversals.

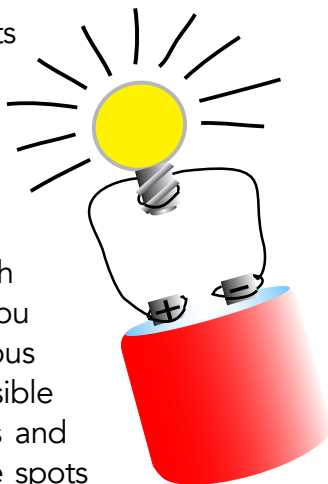
We no longer need to check if we are reversed, or what meridians to use each and every time.

Even though....

That's why there are the Setup Statements: the "even though..." and the "I accept...." phrases at the beginning of most tapping sequences.

They are called the Setup Statements because you are setting yourself up to clear any reversals that may be present in your system.

When you make a clear statement of the problem by saying, "even though have this feeling, issue or problem," you are sending a signal to your subconscious mind that you want to clear a possible reversal. When you state the phrases and tap the karate chop point or the sore spots during the setup, you can undo the reversal.



Stating the phrases during the setups also gives your system a chance to express something you have held onto (for possibly a long time), and that you have pushed away without giving yourself a chance to express whatever pain it is. That's why when you tap the Karate Chop Point, often scenes from the past will pop into your mind.

I accept myself....

The "I accept myself" part of the phrases serves to remind your subconscious to remember your Core Self, your Deep Self, who You Really Are—which is deeper and stronger than the broken or reversed identity you have lived within for so long.

Is it the statement that reverses the reversal? Is it the tapping? I don't know. All I can tell you is: continue using them. I've seen too many cases of it working to dispute it. It may simply be your intentionality. Who really knows?

Setups for weight loss

My friend Fran wanted to tap for attaining a specific goal weight.

My experience with people who want to lose weight is that often there are fears about losing weight that override and subvert any intention to do so.

I asked Fran what would happen in her life if she lost weight and started looking good. What would she not be able to handle?

Her answers could be clues to possible issues that might block her ability to get to her goal weight.

She came up with statements that were the opposite of her real intended goal. We used them as setup statements, such as:

Even though:

I don't really want to lose weight

I'd be scared to lose weight

I'd have to handle men gawping at me if I lost weight

I'd rather die than lose weight

I'd lose all my friends if I lost weight

Next we added the "I deeply and completely accept myself" part. Then we used the gist of the setup phrases as tapping phrases while tapping on each point down the face and body:

eyebrow point: don't want to lose weight

side eye point: scared

under eye point: can't handle men

under nose point: rather die, etc.,
and so on.

Reversals list

Here is a list of possible reversal statements. These will help you get started. See what others you can add to the end of the list!

I can't ... (example: I can't give up smoking)

I won't

I don't want to

It would be bad for me to

If I it would change me too much

If I I'd have to be responsible (example: If I had money)

Forever will happen before I

It's impossible for me to

I will never

I'm blocked about

I'd rather whine about

I'd rather complain than take action to

Who would I be if I ?

How would I act if I ?

No one would like me if I

I'm doubtful I will ever

I hesitate to ever

I'm reluctant to

I'm procrastinating about

I'm in too much pain to

Change Your Mind! with EFT: the Basics

Uncomfortable emotions = a disrupted energy system plus incorrect thinking

I hurt to even think about
I'm sick at the very thought of
I feel ill/hurt at the very thought of interacting with
It would kill me to
I'd rather die than to

I don't know why I can't
It's too hard to
I like being so discouraged about
Some part of me doesn't want me to
I'm not ready to have
Not having has been my friend
I'm scared to

I'd feel deprived if
I'd feel starved if I
No one will love me if I
I won't be valued if I
I won't be respected if I
I won't be honored if I

No-one would listen to me if I
It would threaten others too much if I

People would think I am if I
If I I'd have to take care of myself
I'd be all alone if I
I'd be abandoned if I
I'd be betrayed if I
I'd be ripped off if I

It would be too much trouble if I
I don't have enough energy to

Change Your Mind! with EFT: the Basics
Uncomfortable emotions = a disrupted energy system plus incorrect thinking

I'd feel overwhelmed if I
It would be too confusing if I
My friends/family/co-workers wouldn't approve if I
They would think I am if I
I'd have to hide if I
I will never, never ever
I hear "who do you think you are" if I

I have no right to
I don't deserve to
I really shouldn't
How could I ever think I could
I'd lose if I
Not having (being/doing) is how it's meant to be

God wouldn't love me if I
I'd be a sinner if I
God doesn't want me to
It's not my place to
I'd be shunned if I
God would punish me if I

I love to focus on what I don't have rather than what I do
I love to complain
I hate being pushed so I prefer to stay this way
I feel like I have no choice so I prefer to stay this way
If someone tells me what to do, I'll do the opposite, even if I
know it's bad for me

This not havingis my friend
Giving up equals
If I no-one will take care of me

Tap on it all!

Try using any of the above setups to get going on any issue. You can go through the phrases one at a time or use groupings. Say the setup statements and then tap the “gist” of them through the tapping points.

Make sure you include the “I deeply and completely accept myself” phrase, too!

**Reversals are most likely to be
present in the majority of cases of
addiction/craving.**

For superior tapping results, word your setup statement as specifically as possible in order to correlate it exactly with how you’re feeling.

You may have to try several versions in order to get just the right phrase, but usually after a little practice, it’s easy to come up with the perfect phrase out of the blue.

**Your subconscious knows
exactly what to say
if you will just let it!**



Chapter 10

The Sequence

What is the issue?

Something amiss. You don't feel good, well, or "right" but you just can't think of the specific words to express what's going on.

What to do? Feel it as best you can. Just take a breath and allow yourself to sink into the feeling. You don't have to stay long, just long enough to listen to what you're thinking and saying. Become aware of pain or any unusual sensations in your body.

Trouble identifying feelings

Freda's one of those people who have difficulty recognizing and naming their feelings. She was afraid the dog next door would jump the fence and bite her. But when I suggested we tap on it, she said she didn't know what to say. She also couldn't figure out a rating for the intensity. I asked her what her thoughts were about the dog, and about her own seeming vulnerability.

Whew! Different story!

"What I've read about this kind of dog," she said, "is that they easily jump even high fences, they bite you and don't let go...."

Do you see where to go here? From her thoughts, it was simple to construct these phrases:

Even though:

I'm afraid that dog will jump our fence
I'm afraid the dog will bite me and not let go
I feel powerless to stop it or protect myself

Rate the truth

See how easy it can be to glean information to use for tapping? Next, I asked her how true it was that she was afraid and feeling powerless. She said, "100%!" There's her rating: 10. Easy!

So if you have trouble identifying and rating your feelings, ask yourself, "What do I think about this problem?" You'll probably find clarity by listening to what you answer. Sometimes it's too painful to feel the whole thing all at once. So in order to take good care of yourself, you do little bit-little bit.

An example of the process

Today I came home from a walk and was feeling wildly unsettled. I had no real reason I could think of for feeling that way, and no place in me felt specifically out of balance. My whole system just wanted to scream and make noise! But I sure didn't want to feel that way when I sat down to write!

Feel it

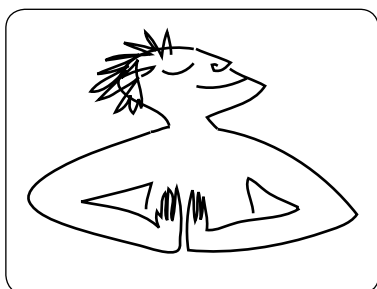
I felt how I felt, trying to put words to it: jangled, wild, jumpy, unsettled, nuts, scattered. Yagh! I hated it! If that isn't an energy disruption, I don't know what is!

Rate it

As I have discussed before, unless you can get a reference point for where you begin, you can't tell if you have made progress after you have tapped.

Since I felt pretty scattered—my heart was pumping fast and shallow, my breathing was rapid and short, my face was flushed and my mind felt unclear and too scattered to be able to focus well—I rated it all at about a 9. I didn't give it a ten because I was still able to focus on the problem without losing my ability to be present completely.

Measuring your intensity



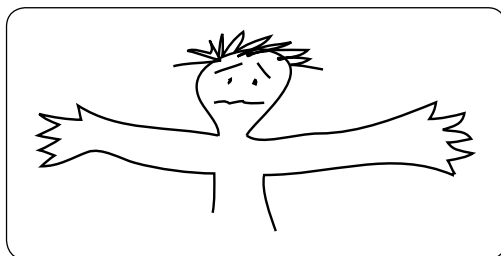
If using the big image of a thermometer doesn't work for you, try using the hands-out method.

Start with your hands together in front of your belly. That's a zero.

Ask yourself this: if hands all the way out to my sides were a ten, what would my intensity be? Where would my hands end up?

Now fling your hands out to the side, and allow them to end up where they will.

If they only go halfway, then your intensity is at 50%. If they go all the way, it's 100%. Almost all the way would be like 80 or 90%.



This is a completely subjective measure, but a very important one that allows you to see what progress you are making as you proceed through your tapping.

Write the rating down.

I wrote down a 9 for myself.

The setup phrase

It helps to know where you are before you can move to the next place. When you acknowledge your problem, you are telling your subconscious what it is you want to work on, what you want to start to focus your attention on so you can make another choice, and know you've moved when you're done.

I like to think that, by tapping on the Karate Chop point or by rubbing the Sore Spot, you're telling your body to wake up and pay attention—you're addressing your system, making your intention for change known to your subconscious/energy system.

Do this with your intention, voice, and by stimulating the Karate Chop point or Sore Spot.

As you tap on the Karate Point, speak the setup statement out loud, accompanied by the "I accept" phrase, repeating all of it three times. Here's how it looks:

Even though:

I feel/have/do

I deeply and completely accept myself

Even though:

I feel/have/do

I deeply and completely accept myself

Even though:

I feel/have/do

I deeply and completely accept myself

So, in the process I was putting myself through, what I said for myself was:

Even though:

I feel wild and scattered

and my heart is beating too fast

I have this short, shallow breath and

my face is flushed and red and

my mind is unclear

I deeply and completely accept myself

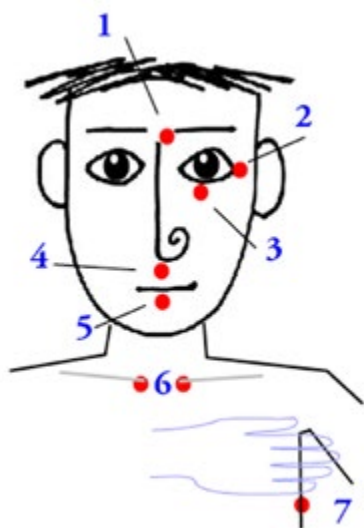
The accept myself phrase

Most of us have made mistakes and blunders in our lives, been ill or bad tempered, or even outright ugly or nasty. But I believe that somewhere under it all is that Perfect Eternal Self, that Something that is the Essence of your Being.

The phrase "I deeply and completely accept myself" directs your subconsciousness back to the knowingness of, the feeling of, and the pristine connection to your own eternal perfection, your Being-ness, your Core Self, your Source-ness.

It reminds you that even though you've had all these upsets and experiences and things gone wrong, you are still absolutely

one hundred percent OK, acceptable, lovable and perfect in the eyes of the Divine—whatever that is for each of us and our varied beliefs.



Even with these problems, we still need to remember to deeply and completely accept ourselves, anyway. So you say:

I deeply and completely accept myself

So I did the setup, accept phrases, three times:

Even though:

I feel wild and scattered

I deeply and completely accept myself

The sequence

Then I tapped on my problem, using the words:

scattered, wild

I tapped on the points on my head: down my face, down to the collarbone and under the arm and back up to the top again.

I did three rounds: three setup statements and three complete rounds of tapping all the points on my face and torso from the top point to the bottom.

I choose

EFT Master Dr. Patricia Carrington, an expert EFT therapist in the USA, introduced the use of one more step within the EFT process that I really love. It's the "I choose" phrase, or what she calls the Choices Method. Using it after clearing out old blocks and pain to make a new choice completes the whole tapping process elegantly.

Do it like this: tap through and resolve most of the upsetting stuff first. When you get to a point where you have had a release and/or significant new thinking about your issue (reframe), add a phrase to tap *in* what you would prefer instead of the past upset, situation or state that you experienced at first.

Since I already knew how I wanted to feel, I added:

and I choose to feel calm and clear.

So the whole thing sounded like this:

Even though:

I still feel wild and scattered

I deeply and completely accept myself
and I choose to feel calm and clear.

Re-feel, rate, write it

I re-felt my body/mind system. I noticed that my breath was more calm and more even, my heart rate was slower, and my mind was more clear and able to focus. But I still felt a bit off, so I rated it at a 3.

The finishing round

Then I tapped using the reminder phrase, “scattered, wild,” for two rounds, then “calm and clear” for two rounds. Zero! I was now ready to write! Yes!

Following are some outlines and examples of the setup/tapping process.

Recap: The BASIC Sequence

1. Feel the pain/sensation or see/imagine the issue
2. Write it down concisely
3. Rate the intensity: what is it from zero to ten?
4. Write that down

The set-up statement:

Say statements a, b & c in a complete set three times as you rub the Sore Spot or firmly strike the Karate Chop Point:

- a. Even though I ... (insert your phrase here)
- b. I deeply and completely accept myself
(or, if for a child: I’m a great kid, or another appropriate phrase)
- c. and (when you are ready to do so)
I choose(insert your phrase here)

The Tapping Sequence:

Repeat the gist of the “Even Though” phrase as you tap the

points from the eyebrow to the underarm.

5. Re-feel, re-rate zero to ten

6. Write your rating and any notes down.

7. Repeat till you get relief, to zero or an insight

An example: I can't sleep

What's the problem?

I can't sleep

Feel it/rate it:

9

Write it down:

I can't sleep and feel frustrated and angry

I feel like there must be something wrong with me

The Setup statement:

Rub the Sore Spot or strike the Karate Chop point, saying the Setups three times:

Even though:

I can't sleep

I'm angry

I'm frustrated

What's wrong with me?

I deeply and completely accept myself

and I choose to sleep well and wake up refreshed

The Tapping Sequence:

Repeat “can’t sleep, frustrated, angry,” etc., as you tap on the points with the tips of your first two fingers.

Do two rounds of tapping (top to bottom is a round) minimum; do more if it feels right.

Make a new choice:

Repeat “sleep well, feel calm, rested, awaken refreshed, sleep well, awaken clear and content,” etc., tapping down the points.

Do minimum of two rounds tapping, more if it feels right.

Add the Finger Points for further impact (see Chapter Five).

Feel new intensity

Write your rating down with any notes

Later on when you read the *Advanced Change Your Mind! with EFT*, you’ll learn about other tapping points and variations of the setup and choice phrases to intensify, speed up or simplify the process, or to use when you feel really stuck.

EFT is a very flexible process, with changes and variations possible while still achieving excellent results.

In the interest of interesting reading, I have used a shorter way to record the phrasings of the sessions I’ve included in this book. This is how a session usually goes:

Even though I
I deeply and completely accept myself

Even though I
I deeply and completely accept myself

Even though I
I deeply and completely accept myself

But if I wrote it that way, you—and I, in the writing—would be bored to tears by the time you got through reading the sessions.

So, I have elected to write them this way:

Even though:

I have this (one problem/feeling)
and this (other problem/feeling)
and this (other problem/feeling)
I deeply and completely accept myself and
I now choose

This lets you know that the person whose session it is worked on all those things. I insert I choose phrases when they're used in the sessions. I'm leaving out the reminder phrases as it would be redundant, and deadly boring to read!

Now you've had a rundown of the process, which issue in your life would you like to start with? What's one memory you'd like to change or not even have? Start with that.

On the next page is a recap of the process you can bookmark for later reminders if you need it.

Once again:

1. Feel the pain/sensation or see/imagine the issue.
2. Write it down (you won't need or want to write anything down later on when you get used to the process—you'll be able to zip through in no time at all, and know you made progress).
3. Rate your intensity on a scale of zero to ten.
4. Write down the rating.
5. Do the Setup/Accept phrases, using either the Karate Chop Point or the Sore Spots—or both.
6. Tap the Sequence.
7. Re-feel it/re-rate it, as many times as you need.
9. Do the Choice phrases.
10. Write your new rating down.
11. Celebrate your new reality!

You got it! Now you can really go for it!



Chapter II

I Deeply and Completely Accept Myself

The I accept statement

This phrase is an absolutely essential element of the Setup statement!

I've seen so many people get really hung up with this phrase. We're just not used to saying—much less thinking!“I accept myself,” and sometimes newcomers to EFT balk at saying it.

I spent a lot of time just working on that single phrase, myself. I realized that not only did I not accept myself—much less deeply!—but that there was a lot that I actually hated about myself. Hard to admit, but I did.

So try it—say this: I deeply and completely accept myself. If part of you doesn't believe it, don't feel bad—you're not the only one!

Work it!

The thing to do is to just take that one little phrase and work it—say it and tap on it and say it and tap on it until you really do feel real. self-acceptance. You'll come to find tremendous peace that's worth every single second of the quest.

Think about it now. Why would you not accept yourself? There are so many possible reasons why not. But no matter what they are, underneath it all, every last one of us is OK. In our Deep Self, our eternal self, we are OK.

Whatever comes up for you when you say the phrase, stop and tap on that. Make sure that you tap as long as it takes to get through it. It's worth it—indescribably so—to be OK with that one phrase.

Here are some possible phrases:

I just don't accept myself	my father would disapprove
I hate myself	my brothers would laugh at me
I feel guilty for loving myself	I'm a bad person
I'm selfish	I can't say that—not out loud!
I'm stupid	someone would say to me "who
I'm too much for people	do you think you are"?
my mother might think I was vain	or "how dare you!"

The I Accept phrase is sooo important

As I told you, when I first started to use EFT, I had an extremely difficult time saying the "I accept myself" phrase. I was surprised, because I had done a massive amount of previous work on that particular issue of being 100% OK with me.

I realized that, in the back of my mind, every time I tapped I was secretly thinking that I was not acceptable. And so no, I did very definitely not accept myself. I decided to drag the issue out to the nubs and work on it all by itself.

I started with:

Even though:

I don't accept myself,
I deeply and completely accept myself
and I choose to accept myself.

But I felt like I should go deeper, so I went through several layers:

Even though:

I don't like myself
I don't like my life
I feel like I'm doing my life wrong
I hate it that I hate my life
I hate it that I hate myself
I hate it that I don't accept myself
I hate it that I hate it

Even though:

I don't accept myself not accepting myself
I still deeply and completely accept myself.

I choose to deeply and completely accept myself
to like myself
to love my life
know that I'm doing my life right

and I choose to love and accept myself
no matter what

At that last phrase, Something just Clicked inside me, and a sweet peace came over me like an enormous wave. It swept through my whole body, and I felt myself relax in a way I have never before experienced. It was as if something had lifted, and I knew that that ‘something’ would never return.

By getting myself to go through the “I accept myself” part of the EFT setup until I felt really comfortable saying, “I accept myself,”—out loud, even!—I felt Peaceful inside myself for the first time in my life. Peaceful. I DO accept and love me. Whew! I NEVER could have said that before in complete honesty.

Give it time

Just so you know, this process took me two weeks of tapping. So don’t feel bad—and then feel bad about feeling bad!—if it isn’t an instantaneous thing for you. I tapped on it daily whenever I could. In my studio, in the rest room, at the dinner table....

Isn’t this the real peace we all seek?

Could this inner peace be attained by political action? Protesting? Wars? Civil disobedience? I don’t think so. This is a *personal* peace. How could it be attained by the intervention of any outside force or action? I’m wondering what would happen if everyone had—and liberally used!—EFT.

I’m wondering how helping people create this kind of peace would affect our planet and the socio-economic-political arena. What if we were all so happy we didn’t even think about raiding anyone else’s borders, land, oil fields or honey jars?

What if the people in positions of power had this technology

and used it to help themselves feel great about themselves—would the money they now spend for “defense” be used, instead, for real well-fare?

Would they have the need for power over people, or would they use power in service to Love? Would they use their influence for the nurturing of every person, and the expansion of our potential as creative human beings?

I can only hope....

Energy food

When someone gives you a compliment, they’re feeding you with their energy.

**When you avoid a compliment,
you are refusing a gift,
energy food meant just for you.**

The phrase, “paying you a compliment” doesn’t come out of nowhere! It literally means that you are being paid—in the form of energy! Why refuse?

What thoughts run through your mind as you look in the mirror, or get a compliment, or find someone else looking at you?

What kind of messages are written on the inner walls of your mind?

If someone gives you a compliment, do you fall back and say, “Oh, this old dress (shirt...suit)! It’s so old!”

Or how about this one, when someone says you did something so well, “Oh, no, I don’t think so! I think I could’ve done so much better!”

Try this little experiment the next time you get a compliment: don’t say anything to the person for a second or two. Take a breath. Feel the energy running through your body.

If you feel uncomfortable, chances are that what you feel is a negative belief about yourself you’re holding on to. Your old belief could be something like, “I’m not good enough,” or “I can’t,” or “if anyone gets to really know me, they won’t like me.” The compliment, while nice, feels somehow dangerous or unsafe.

Take the time to breathe in a slow, deep breath, wait one whole second as you ponder and really take in what the person said. It may seem like a very long second, but the other person won’t even notice!

**Look them right in the eye, and
say, softly and sincerely,
“Thank you.”**

Practice that.

In the mirror and with other people. You’ll find that it’ll be a lot easier to receive a compliment from now on, and that you’ll get better and better at it. And, if you really really really accept yourself, you get better at it even faster and easier. Plus—now that it’s easier for you to receive compliments, you will probably get more because it’s now easier to give you one!

Slowing down

Recently I did a session with Louise. She started talking, and I recognized that I had to slow my thoughts down a bit (I used the Easy Comfort Procedure (in the *Advanced Change Your Mind! with EFT*) since she was a very kinesthetic person. In other words, she was very body-oriented, receiving knowledge through her cells, and her mind worked in a relaxed, slow, and lavish way.

As a visual/auditory sort, my own mind works extremely fast. At times I find it hard to slow down enough to really hear what people like Louise are saying.

Now that I had done I did my long inquiry into self acceptance, I could slow down enough to 'meet' her way of communication comfortably. Isn't it great that now we can understand why it might be hard to converse with someone—and be able to actually do something about it!

Breathing

I believe that breathing is the Gateway to our inner world. When you allow yourself to slow down and just gently notice your breath going in and out, in and out, your conscious mind settles into a rote function. It's now occupied with something important but not risky.

Now your unconscious mind is free to communicate with you. I did a lot of conscious breathing in order to get myself out of the way for that session with Louise. I had her breathe with me, as well, so we could be entrained.

What is entrainment?

Have you ever seen those tall old-fashioned grandfather clocks that have the pendulum swinging down under them?

Did you know that if two or more of them are placed in a room together, the pendulums will swing out of sync with each other for a while, but gradually, they begin to shift their swing, until all of a sudden you notice they are all swinging in concert! Yup! True! It's an amazing sight.

You may have even heard how, when two or more women live together, they eventually all get their monthly courses together.

That's called entrainment—when objects, people or cycles swing or work or sing—or breathe—together. All at once, one rhythm, one beat.

It's great in a session when two or more people breathe together—a synchronicity is created that enables each person to feel and sense the other better, to resonate together.

I start off all my tapping workshops with a simple breathing exercise that not only increases everyone's breathing range, allowing for more energy and alertness in each participant and the room itself, but also entrains us.

In session with Louise, I knew she experienced slow, deep, penetrating thoughts, with simple wording. She was certainly NOT dumb, by any means—she simply operated at a vastly different speed from my own.

Start observing how slow or fast other people speak, and practice getting entrained with them. I guarantee you that

your ability to connect with people will improve enormously. Especially if you are speaking with children.

Response time

Do you sometimes throw out quick reactive comments about what you are experiencing? “Oh, I’m not angry....” It’s a defensive attempt to stay safe from the derision, control, pain or punishment your system has come to believe will happen if you tell the truth about how you feel.

It’s just an old habit. You are conditioned to think of “bad things” as just that—bad things, and to protect yourself from them in any way possible, because you’ve never known any other way.

If you aren’t already familiar with the idea of thanking your problems for showing up to be cleared, I want to introduce you to the idea now.

Who would think of thanking them for anything???

I want you to understand that so-called ‘negative’ emotion is simply energy disruption, and not a character flaw. Your attitude towards feelings, situations and people will shift, and you’ll recognize that:

**So-called problems are just symptoms,
clues, red flags saying, “Hey! Something inside
me needs to be shifted here!”**

With Louise, it was a pleasure to not have all kinds of smart, quick answers come out of her in defense of her stated problem. She simply stated what was going on, and smiled.

Embarrassment

She had come to the session thinking that she wanted to resolve her habit of biting her nails. It turned out that she actually didn't mind that she bit her nails. But she was embarrassed when people saw her hands. She also wanted beautiful nails. So we tapped on:

Even though:

I bite my nails and
other people hate it
I don't mind but
I don't have beautiful nails
and I deeply and completely accept myself
and I choose to have beautiful nails

Interesting. My experience with biting nails has been that it's a stress relief. It didn't seem to fit the bill when I mentioned that as a possibility. Maybe it was too buried, too deep for that session to bring up.

We did a few rounds and got her from a seven to a one, but she didn't want to go any further. She was pleased to let it go at that.

Louise didn't bite her nails for almost two weeks, the longest she'd gone in years. But she slowly began sliding into doing it again.

Since she won't tap for herself, and doesn't want another session yet—"I'm too busy"—I have a feeling those nails will continue to get chewed. Until we get to the energy disruption that drives the habit, the biting will continue to manifest.

More nails

Billy is in his mid-50s, and works at a local bank. He called me one afternoon, sounding desperate. He told me that he “couldn’t take it anymore.” He sounded so distraught that I thought maybe he needed a suicide hot line or something, and I was concerned that he was going to want more from me as a therapist than I could give him.

He laughed and said, “No! I just want to stop biting my nails!” I sighed a big sigh of relief and thought, “Whew! That’s easy!”

I’ve tried it all!

He said he’d tried “everything in the book and more—with no success,” even trying that bitter poison gunk you put on your nails that’s supposed to stop you from biting them. Turned out he was allergic to it, but it still didn’t help him.

Biting/can’t sleep

Billy is tall, strong and fit, with thick dark hair and a rugged, outdoorsy kind of face—the kind of guy you see in those Handsome Cowboy commercials. But his nails! His nails were utterly destroyed. They were bitten far down on the quick with the underlying skin puffed up under them. They looked so painful it made me twinge, myself.

He told me he didn’t even know he was doing it most of the time, but when he did notice it, it was usually at night when he was at home, after work. He loved books, and would sit in a favorite chair reading—all the while unconsciously chewing non-stop on those poor nails.

He also had a sleeping problem—only sleeping about two or three hours a night.

Don't talk, just let's take care of it!

I started to explain to him about disrupted energy, but he stopped me and told me he “didn’t give a damn about how or why, just please can we get on with it?”

He rated his feelings about the biting at a 10, and the inability to sleep about the same. So we jumped right in with:

Even though:

I can't sleep
I toss and turn
I only sleep a few hours a night at most
and I bite my nails without even knowing it
I know I'm OK

He hated the “I accept myself” phrase, and we ended up with this shorter version: “I know I'm OK.” I use whatever works!

We easily got to a three on the sleep and a seven on the nails, then got stuck for a couple rounds. We had no movement at all. So I had him tap:

Even though:

I'm stuck and
I don't really want to give this up
I like it
it soothes me
I know I'm OK

Blam! Right down to a zero! He'd been reversed! He didn't really, on some level, want to give it up because he needed the biting as a sedative.

Now he was open to a little explanation, so I told him how a disruption in the energy system makes you feel anxious, causes a *bzzzt!* in your nervous system. You then look for a sedative that takes away the anxiety that the *bzzzt!* caused.

You find a substance or activity that calms you, and you do it over and over to calm yourself until it becomes a habit—to the point sometimes where it feels like life or death if you have to give it up. So when you try to give it up, you can't. Part of you needs and wants the sedating habitual substance or activity.

That hit home

He said that now that he thought about it, he could hear himself humming as he bit his nails. He'd never realized it before! We continued:

Even though:

I still bite my nails and hum
and I want to bite my nails and
don't want to give it up
what will I do to calm myself?

Don't take away my fix!

Billy suddenly felt very anxious about what to do instead. He was really worried that if we took away the nail-biting, he'd go for alcohol or smoking, or something else.

I again explained about the energy disruption, and told him that, when he evened out his energy flow, he wouldn't *have* the need to do anything else. And even if the anxiety did come back, he could tap on it himself.

He said he was amazed how deeply he had needed to do the biting. It was neat to see understanding come over his face. He was ready to let the nail-biting go now. We continued with:

Even though:

I still want to bite my nails and
I'm afraid of giving it up and
I need to calm myself somehow

Here he stopped and said, "Wow! I really can use tapping instead of biting my nails!" He really got it!

I know I'm OK and
I choose to stop biting my nails and
I choose to sleep well for as many hours as I like

We got each issue to a zero. He was thrilled. I was in the grocery store a few weeks later when he came rushing up to me and showed me his nails—perfect!

Accepting myself

Billy was a great example of someone who was uncomfortable with acknowledging himself as acceptable. But he wouldn't let it get in the way of his success. I rather liked his "I know I'm OK," and I sat on the phrase until a month or two later.

Then, knowing I'd soon be flying back to Hawaii, I used his

phrase when I made up the Easy Comfort Procedure for fear of flying and air sickness (in the *Advanced Change Your Mind! with EFT*) because I wanted a quick, easy, easily-acceptable process that would help people on the plane if they were fearful or sick. Seems to me that someone almost always sits next to me who needs assistance, whether it's fear of flying or throwing up. I have felt so helpless before, but not now!

I figured out the points to use, adding Billy's "I'm OK" statement. My local classes and I tested it out with great success.

Craving sweeties

What is amazing to me is that after tapping on my craving for sugar and chocolate, it has diminished to the point that I can eat a small piece of a sweet and not want any more. I don't sit there and eat the whole carton of ice cream—I don't even like ice cream any more!—or a whole box of cookies.

I just don't want it. It doesn't even look or smell like food to me anymore. This is incredible—especially since I've craved sweets my entire life.

Feeding any addiction only serves to continue the cycle. I feel bad, eat sweets, feel worse, eat more sweets, declare no more sweets, feel bad, feel guilty for feeling bad, feel bad for feeling guilty, eat sweets, feel worse than ever for eating the sweets and going against the declaration, giving up, feel bad, eat sweets....

Does that sound familiar?

Most of us really don't feel OK with ourselves. We struggle and struggle with anxiety and our feeling-bad feeling, and finally

cave in and go for whatever helps us numb out, any addictive substance or activity.

Listen to why a smoker doesn't want to quit: "cigarettes relax me." Or why someone else wants to keep on drinking coffee—"I like how it makes me feel." I hear, "I like the taste, I like the way it makes me zone out. It makes me feel strong, energized." Any number of reasons—all about sedating or stimulating.

It's an inner fight! All those reasons are the surface layers of a deeper friction between our thoughts, beliefs and emotions, and that Deepest Self that knows we are perfect beings.

**The REAL message is:
"I feel upset and want to get comfortable."**

Go in, not out!

So, both because it is easier to reach for a cigarette or a cookie, and because we were never told about energy maintenance, instead of going inward to correct the energy disruption, we have gone for the external fix.

**When you finally heal the disrupted energy
within yourself, the anxiety, the fear, the constant
nagging wanting-something-I-don't-
know-what-it-is, goes away.**

Coffee, cigarettes, too much sex, sugar, fighting with your spouse or relatives, beer, wine, alcohol, hard drugs, pills, chocolate, pornography, cookies, working too much—whatever you do that you do too much of that sedates, stops or covers up the anxiety.

How do you know when you're in anxiety? You have this little voice that says *I want I want I want*.

You look around and there isn't a single thing that would feel satisfying to do or eat. You feel utterly annoyed and irritated about it. When you remember that it's just anxiety—it's just energy!—you can then tap on it. Then you choose what you would prefer to be feeling, doing or having.

Imagine!

I believe that we can get to the place where our relationship with ourselves is so good that we can feel great at any time. Period. That might sound a little far-fetched, and maybe even sound unattainable, but if I can get to the point where I don't crave sweets, I can do anything. And so can you, if I can!

When you use EFT to care for yourself and your energy system, what dreams would you go for?

What if you knew you could be successful?

What if you released and recycled your disrupted energy, turning it into usable, creative energy?

**Imagine all the things you could do!
Imagine how you could feel,
what you could do and have!**

Keep tapping!



Chapter 12

Choose!

Clear, the old stuff—then what?

You've used the choice statement a little as you tapped along with the stories, but let's get into it a bit more, and talk about why it's so important.

Once you clear tangled energy from your system, it's important to redirect your newly flowing energy, keeping it aligned with your intentions. So at the end of the "even though... I accept myself" phrases, you make a new choice.

I like to send big thanks to EFT Master Dr. Patricia Carrington, for introducing this wonderful step to the EFT protocol, because it transformed it from always talking about the ugh-stuff to an elegant clearing, recreating solution.

What/how to choose?

Often, in the heat of the moment of your pain, you really don't know what you want—except freedom from the pain.

A new, more expanded choice can be hard to make at that point, because you literally don't have enough energy to even

consider anything else. It's easy to get stuck, not knowing what new choice to make. So I suggest that you keep tapping on the ough-stuff a bit more, until you are a little more clear and have the energy to think about it.

Once you get clear of enough pain, new ideas and insights pop up all by themselves. You'll get glimpses of what you might prefer and choose, instead of what you were experiencing just moments ago.

But if you do get stuck on the wording, you can tap on not knowing what to choose! Like this:

Even though:

I can't think what to say
I deeply and completely accept myself and
I choose to easily think of at least ONE statement I like

Pick the positive opposite of the negative phrase you started with. You may have no words at all—if you're still crying and upset, you can always do this:

Even though:

I feel aaarrrrghh,
I deeply and completely accept myself, and
I choose mmmmmmmmmmmmmmmmmmmmm!

Remember the lists we made at the beginning of this book that had the negatives on the left, and positives on the right?

Go through your "negatives" list and choose the very simplest "I choose" phrase for each item.

Tap on the issues one at a time, and see what you feel like when

you add the positive “I choose” statement about what you’d prefer instead to the end of your sequence.

Waiting

I like to wait till I have some clarity on the issue before I make my “I choose” phrase. I wait until I have a big sigh—or a bunch of them—or yawns or chills down my leg. This lets me know that I’m at a point where relief is coming in.

Then I stop long enough to see whatever it might be that I would prefer. I’ll suddenly visualize something that I hadn’t thought of before, an outcome or situation where I imagine myself feeling really great being who I am and getting exactly what I want.

Then I resume the tapping sequence, including my choice phrase at the end. I tap the rest of the problem to zero. Here are some examples of “I choose” phrases at the end of “even though... I accept” statements:

Even though:

I am feeling anxious and afraid,
I deeply and completely accept myself, and
I choose to feel calm and collected.

Even though:

I can’t sleep
and I don’t really think I *can* sleep,
and if I do go to sleep I’ll wake up groggy and tired,
I deeply and completely accept myself, and
I choose to go to sleep right now
and awaken rested and energetic.

Tap the choice

By the time I've finished tapping, I feel terrific, and I know my choice is done! Mine! Coming! Or even here already! Say the first parts of the setup statement:

Even though:

I'm feeling ...

I deeply and completely accept myself

and then say your preference:

I choose....

In this way you:

1. express and clear out the old stuff
2. accept yourself here and now, and
3. make a choice as to what you prefer.

One, two, three.

Stage fright

Brent was an actor who experienced terrible stage fright. It was so uncomfortable that he'd almost given up acting. His first Setup Statement went like this:

Even though:

I feel terrified when I go onstage

I deeply and completely accept myself

He tapped down the body points saying this Reminder phrase:

"I'm terrified."

He got the intensity to a one or a two, then added the tapping on the I choose phrase.

Even though:

I still feel afraid when I think of going onstage
I don't want to vomit before I go on every time
I deeply and completely accept myself and
I choose to go on fearlessly, easily, feeling inspired

He tapped down the body points saying this Reminder phrase:

"I'm still afraid."

Then he tapped down the body points again, this time saying the I Choose phrase:

"I'm fearless, it's so easy, I feel inspired."

He didn't give up acting!

Flipping the focus

In this day and age of self-help theories and techniques, I find that many people tend to look only at what they want to get rid of, or the problems they want to solve.

What happened to setting goals? Or reaching solutions we would rather have?

I ask you: if we continually focus on what it is we *don't* like about our lives without having another preference we are aiming for, how can we create or experience anything else?

Turn the focus around!

Instead of always thinking about what you don't like about life, see, appreciate and expand upon what you do like about life and what you want to create!

Why not expand upon:

- ❖ being who you are, without limitation
- ❖ expanding and nurturing your talents and potentiality
- ❖ expanding our prosperity—whatever that means to each of us
- ❖ being happy—with who you are, what you do, what you've got, where you are and the people places and things with whom you interact

Get focused on the lights at the end of the tunnel—and way past it!—instead of the tracks you have been down, the tunnel walls, the people you've not liked being with within the tunnel, or the energetic goop all over the tunnel floor that has kept you from moving on through to the other end!

Keep your sights on the awesome gifts you can give, and the things you can create, the life you want, the way you'd rather live.

Do what you can to bring that about for yourself, and help your

loved ones do it, too. Turns out, the only way you can do that is to choose to do it!

I can't choose!

I've heard people say that they think it's not in them to choose. Your parents, teachers and others who were in charge of your well-being and/or education, although mostly well-meaning, probably often discouraged you from making choices for yourself that were appropriate for you and your unique life.

Most of us were shunted away from thinking about making any personal choices at a young age. Most of our choices were based on what was good for those around us, so we got used to others making choices for us.

And then again, some people just get tired and give up.

So let's address that—let's knock out those beliefs that you can't choose, don't deserve what you want, can't make it happen, can't have it—you can't you can't you can't you can't! Yeow!

Those are all beliefs you can handle with EFT. You *can* start to choose what it is you want, filling in the gaps in your life left where the now-long-gone negative or unwanted beliefs, ideas or values were that you tapped away.

100 things

So try this. Take out a sheet of paper, and write—just off the top of your head—a hundred items you would like to be, do or have, but that you feel or believe you can't or won't or don't have in your life right now.

You can list anything—from money to good health to a boy or girl friend, having a child, a cruise with your lover, a good job, or your own thriving business, or just the feeling of being happy, contented or fulfilled.

A hundred ideas is a lot, but stick it out—you'll find that by the end of the list you'll be hitting on ideas you hadn't thought of for a long time.

Redo/edit

Remember *this is an exercise*. You can redo or edit the list any time you want. And if you feel like you have already done this a thousand times without results, tap on that! Your life is different now—you have a very powerful tool to help you create what you want now.

Successful Affirmations

We've all probably heard about and used affirmations, right? Some of us have not had the greatest experience with them—I can hear you saying, "but they just don't work! How do I get them to work for me?"

I believe that one important point is to write them in the first person, present tense.

If I say, "I will have ____," that's in the future. It will be out there...and out there...and out there—but won't come to me.

Another thing to do is avoid saying, "I want" whatever it is. If I say "I want ____," I am left wanting. The item is still out there, but not coming to me. I'm still wanting.

I can say, "I have _____," naming the reality I want to have as if I already have it. But does that really work? Let's see....

Stumped by others' beliefs

You say you want to ride that mustang over there. You look out and see a magnificent black horse, prancing and strutting, with eyes of fire. You wish you could ride it, flying off upon its back, free in the wind over the mountains and through the clouds. But Mom says "we can't afford a horse, who would take care of it, where would we put it and you wouldn't take the time to ride it, and besides, you'll get hurt and you'll look unfeminine."

Pop adds his two cents, "if you try to ride you'll probably fall off." Brother says, "you're too fat to get on—you'll kill the horse!" Other brother says, "you won't have the nerve."

Teacher sniggers behind your back saying, "you're too much of a chicken." Friend says, "you'll never ride my horse, you'll ruin its mouth."

Piles of negatives

Each of those negative statements and comments is like a brick, and with them you build a wall of disbelief, brick by brick. The wall builds and builds with each comment. Till finally you can't even see the horse.

One day when you do get to ride you have a crummy experience—you're so nervous you do fall off. And it's a sad, old, worn-out saggy-backed tough-mouthed mare that's been bored to death with kiddy rides. Hardly flying through the sky!

Ditch those pesky tail-enders!

What's a tail-ender? It's that nasty disbelief that comes up when you think or say something you want. Like, you say, "I wish I was a millionaire!" The tail-ender pops in with, "Yeah right! Like you'll ever be one! You'd probably lose the money or someone will rip you off, or..."

The way to deal with tail-enders is to carefully listen for them as you say your affirmation, and tap on them as they come up. For instance, you might say:

"I happily and easily make \$_____ a month."

But your mind objects, and says, "Yeah, sure. I don't believe it!" So now you know what one of your tail-enders is: "I don't believe it." You can tap on that! And you can create a new choice as well. So your setup/choice statements will look like this:

Even though:

I don't believe I can make \$_____

much less happily and easily

I deeply and completely accept myself and

I choose to know I can, and I'm setting off to do it

Tap the 'not believing' till it's down to zero, then tap the new choice as well.

Again

Then you say your affirmation again. This time, your mind says in reply, "Where do you think *that* will come from?"

Then you ask yourself, what is the opposite? What would be your preferred choice?

Well, it might be, "I choose to be happily surprised where it comes from." Make that your "I choose" statement.

Even though:

I can't imagine where \$____ would come from
I deeply and completely accept myself and
I choose to be happily surprised and feel great
where ever it comes from

The rating of the "I can't imagine" is down to a 0, but you notice when you repeat the affirmation again that you have a sick feeling in your belly about your choice to feel great about making \$____ per month.

Even though:

I have this sick feeling in my belly
I deeply and completely accept myself and
I choose to feel great about making \$____ a month.

The sick feeling is gone. But now your throat feels very tight, and dry. Now you choose to have freedom from restriction.

Even though:

my throat feels tight and dry
I deeply and completely accept myself and
I choose to be free of restriction

Your rating thermometer is down to a zero on that one. You say your positive affirmation again:

"I happily and easily make \$____ a month."

This time your mind wonders again: if you haven't been able to make that before, how could you think you could now?

You think about how your subconscious knows better than you do, and lets you know things even though you haven't studied them outright, and you choose to know how, anyway.

Even though:

I haven't known how to make \$____
and I think I still can't
I deeply and completely accept myself and
I choose to know that my subconscious knows how,
and that I can easily make \$____ now

Done! Big yawn. Say the statement again, "I happily and easily make \$____ a month. It feels great."

Nothing else comes up.

OK, let's see what happens!

"Yeah, right!"

Those negative beliefs and ideas are exact reflections of the training and indoctrination you got as a child and as you went through formative experiences. They have to be dealt with before your affirmations will come true.

**If you don't deal with tail-enders,
they manifest by default because
they override choices and affirmations**

I believe that when you're vibrating the energy of what it is

you want, you create a solid affirmation that declares that you already have what you want, that whatever it is, it is already yours. So you release the blocks around what it is you want, and create the new energy flow in your system that allows whatever it is to come to you.

Affirmations on steroids

I have another thing I do now. Instead of saying, for example, "I have a thousand dollars," which could still be argued against, I declare with great feeling, "I love having a thousand dollars!"

And it's true! I do love it when I have a thousand dollars! My mind will on no level argue with that, and I have no resistance to either the thousand dollars (or more) or the love!

Hester's breakthrough

Hester, a graduate of my First Level EFT course, told me she had had a breakthrough that blew her away. Her job required her to take flights to various locations here and there within New Zealand. She usually made sure her big plastic shopping bag was ready on her lap, because she often got sick in a flash and the usual little bag provided by the airline just wasn't enough.

On her last trip, she decided to see if EFT would help. Here's what she tapped on:

Even though:

I'm about to get sick

I deeply and completely accept myself and

I choose to be pain-free and enjoy my flight

She said she tapped a couple of rounds and the stomach ache and urge to vomit left. After a little while, the feeling returned a bit, although not as intensely, so she tapped again. She was able to have a comfortable trip the rest of the flight, and didn't need to tap at all on the way back. And she has since taken other trips on which she didn't have to tap at all!

Accident energy

As I was leaving this morning to go to the dentist in Invercargill, about 40 minutes away from here, I noticed myself immersed in a quiet, rolling understream of thought. It went something like this:

"If I die in an accident today, it'd be OK. Nothing I have left undone is maximal or hard to handle for anyone. Who would I think about? Freda comes to mind, and of course my sons, Aaron and Isaac. Big time. And some good friends, and relatives, and business partners...."

And I just kept driving down the road cogitating about it all....

What am I *thinking*?

Suddenly, I realized what I was thinking, and acknowledged that I was thinking about it so strongly that I was either in line for an accident or I was going to create one. So I declared out loud:

Even though:

I'm afraid I'll create and die in an accident
I deeply and completely accept myself, and
I choose to live!

I even tapped both sides of my body: both negative feelings and positive preferences—twice on each side to make sure—and then felt so calm I forgot about it.

A few kilometers down the road, I realized I was again cogitating in the back of my mind: I was thinking that in the case I was in an accident, I might live, but maybe I'd be in a mental state of vege-dom for the next x-odd years. So I quickly tapped on:

Even though:

I'm afraid I might get hurt or die in an accident
I deeply and completely accept myself
I choose to live, AND be FULLY functional.

I promptly was so calm again that I stopped thinking about any of it, and continued driving to my destination.

Coming home

On my way home, there was a big temporary yellow road sign saying "accident ahead." I stopped to ask if I could help. No, thanks. Anyone hurt? "Yeah, one dead—there was a head-on up the road."

It was right where I had felt the idea of having an accident and had tapped on it.

Is energy conscious?

I continued home, feeling stunned. I thought of don Juan, Carlos Casteneda's teacher, who said there are winds and eddies and currents of energy, some with their own consciousness.

It made me wonder about the saying, “he’s an accident waiting to happen.”

It’s easy to see that there is enormous power in not only being aware of our feelings, but in making conscious choices about what we do with them, as well.

I’m so confused!

My friend Georgia came by this morning. She was feeling extremely depressed. We talked about EFT. She’s had a long-standing problem with depression, going to therapist after therapist, going on and off anti-depressants.

Her main anxiety has been that she felt she had no choice in life, that something always stopped her from moving forward and being successful. She has a job, but wants to have her own business. She hasn’t done it for fear that she wouldn’t be able to handle the stress and responsibilities involved in owning and running a business.

Lists

I had her list every feeling and belief she could find in her mind at that moment about the topic. She is a very restrained woman, and isn’t accustomed to express her feelings, so it was quite difficult for her to list them out.

She was very doubtful about how her emotions could cause so much trouble. She thought if she just pushed them back and put on a brave face, things would be fine. She couldn’t understand why she felt depressed!

Ordinarily I wouldn't do this, but I asked her to choose her most intense feeling so we could start working on it. She couldn't name a feeling. So I told her about the concept of being present with your feelings, and that in EFT you can start right where you are. So we tapped on:

Even though:

I don't know how I feel right now
all I feel is confusion

Ah! Confusion! The just slipped right out of her mouth. See how easy this is?

That was a great place to start. I had her imagine that her emotional field was a great, immense garden. Within that garden, in pockets hidden where she couldn't see them, around corners, and in places that were sometimes right in front of her eyes, weeds and strange growths of tangled energy plants lurked and grew wildly high and thick.

When you use EFT, it's as if you are weeding and pruning your inner garden's weeds and strange growths, one by one. Many of them fall right away, others fall along with the ones that are tapped on, or go away all by themselves.

Eventually, your garden will be clear of weeds and will blossom forth with glorious plants and flowers the likes of which you have never been before seen!

I can't be me

Georgia looked and looked within, and finally came up with a little list of five or six main feelings. It was a revelation to her to

get that far. Her ultimate fear was that it wasn't OK to be herself, and that, before she did anything else, she had to do what she was told. For every belief, I had her write a phrase saying what she would prefer. Like this:

negative belief
preferred choice

For instance:

It's not OK to be me
It's totally OK to be 100% me

I have no choice
I know that I always have a choice

No matter what happens, something is stopping me
I choose to move forward when I choose, no matter what

I feel helpless
I am powerful!

I feel so sad
I choose to choose happiness

We discussed how she felt after having written the list. She felt relieved, even with how very hard it had been to verbalize the items on it. We did a lot of tapping on having difficulty.

Being present

I explained that the list was helpful to begin getting used to having her feelings, and that she could use the process when

she felt confused and disconnected. She was surprised that we had gotten so deep so fast.

Reversed!

I told her about the idea of psychological reversal, and showed her, using muscle checking, how, when your polarity is reversed, you are de-energized. We checked her for reversal, and sure enough, she was reversed on almost everything!

We then spent about an hour going down her list, saying setup statements and tapping on the feelings that had the most intensity. She ended up feeling released and terrific. She was thrilled to go away with a new understanding of emotions, and a new tool to deal with them.

We talked about therapy, as she was considering going back. I said that I'd never tell her what to do and that going or not was up to her.

I also said that what I have found for myself is that therapy helps me take myself apart and see what's going on with me, but therapy rarely helped me put myself back together again in a way that I felt more whole than when I went in. I didn't feel I could function independently without calling my therapist for help—again and again. The therapy and most other healing modalities and practices I've had before I ran into EFT have made me feel dependent on someone else—when I get stuck, call the therapist! They made the money, and I still felt powerless and in pain!

My experience is just my experience. I may personally not have had the best experiences with therapists. I do know that most

therapists have your best at heart, and really do their best to help people. Thankfully, more and more are finding and using EFT!

Important note:

I encourage you, if you go to a therapist, to please keep going if you feel like you are deriving benefit from it. This is a unique, personal choice—please use your discretion!

My constant and continued usage of EFT has eliminated the pain and the feeling of powerlessness I used to have. I sit down, feel how I feel, think about how I would rather feel and what I want, and do the Even though, I accept and I choose phrases, the tapping, and make new choices. That's that.

Help from outside

There are times when it's just perfect to get outside help. When I feel as if things are too much for me, or that I have blind spots that I can't get at and need the perspective of another person, I call someone I trust who does EFT and ask for help.

I suggest that you remember, too, that it isn't for us to do it all alone—there *will* be times you'll want to ask for help. Don't be shy! And remember that even though you may be great at using EFT, you cannot see your own blind spots. That's where other practitioners and coaches come in—they can help you see new perspectives and stay on track.

Inner strength

We are incredibly strong, resilient beings! We could not have gotten through all the stuff we've lived through if we were

not. We certainly would have caved in by now if not. Just the fact that you're still searching implies innate strength. I believe there's huge ocean of inner strength within you that you haven't dared to use yet.

Perhaps you believe on some level that, if you were able to be 100% you and get out of life what you want, you'd lose someone's love or attention, or your place in the world, or you would somehow be unsafe. These beliefs have probably all been there for a long time, but now you have outgrown them. Be very present and let feelings come up. Look at them, listen to what they say, feel them, and if there are a lot, write them down. Tap on each one.

Go through the feelings, doing the setup and tapping, and then at the end when there's a cognitive shift about the situation, put an "I choose" phrase to cap off the whole thing.

A shift in knowingness

A cognitive shift is when, after having addressed the feeling or situation, the intensity has gone, and you can suddenly look through new eyes at the old situation—and sometimes even laugh about it.

My client June felt that her mother didn't love her, and felt very hurt and angry about it. Because of this perception, June held tremendous hatred for her mother.

When June cleared the disrupted energy in her system, she could see that her mother was doing the best she could with what she knew, with the resources she had (or not) and within context in which she lived.

She also saw that her mother didn't even know what was going on with June because she was struggling with her own daily life. June can forgive her now, and even laugh about how silly it was for her to hate her mother. This was an extreme 180° shift in thinking.

Once June saw what was going on with her mother, she could create a new way to relate to her. She created an "I choose" phrase that included this: "and I choose to forgive myself and my mother." She was too angry, bitter and resentful before to be able to do that.

Self-consciousness

My friend, Olivia, is writing a book. Olivia is a good, clear communicator and excellent workshop leader. She wanted to do a session on how uncomfortable she was about writing her first book about communication and an energy related therapy.

She said, "It's so strange knowing people will read this. I'm OK with people hearing the information come from my mouth at my workshops, but I feel a bit self-conscious about this book."

"A bit?" I asked her. "OK," she admitted. "I'll get real, let's call it extremely self-conscious. Scared to death, really." So we tapped:

Even though:

knowing people "out there" in the world
will read my book
I feel really scared and uncomfortable
vulnerable and at risk and
what if people think I'm just stupid?

what if I offend the people I love?
what if I make a fool of myself?
what if my kids don't like it?
I might be abandoned, shunned
I deeply and completely accept myself

We discussed it some more, and all of a sudden Olivia clapped her hand on her forehead and said, "Ah! I know! Here it is:"

Even though:

I think people will make fun of what I say
I deeply and completely accept myself and
I choose safety and acceptance
even when I speak my deepest thoughts
and feelings

We did three rounds on that last one, and she looked like a new person when we were done. Olivia's almost done with her book, and told me she feels like she's flying. She set up a crowd-sourcing campaign for financing her book, which, she says, "I never could have done before I changed my thoughts and beliefs"

I choose!

The I choose phrase is such a vital part of this process. If we let go of all the entanglement of our energy and don't choose what we want, we'll live on the default decisions of others! Is this what we want???? Most of us as kids were discouraged from becoming creators.

**This is our chance:
Let's grab it!**

A non-choice episode

Freda and I weeded and planted all day one day recently. The small patch of garden out by the driveway gets weed-covered in such a short time it's almost miraculous. We got it all done, then put in some little starter plants. Good. Looked good, felt good. The tomatoes and zucchini we planted earlier in the year were doing well. Love those zucchini!

Our good friend Elle came by as we were weeding, and said she wanted to kidnap me for an hour—she wanted me to meet a couple visiting from the US. The woman was the head of a spiritual organization, and her husband was an investor. Very nice folks. But I was in my old painting duds with garden dirt streaked all over my face, hands and body, and said I wanted to go in and change, since I like to honor the people I meet with the gift of at least being clean. Elle insisted that I not take the time to change my clothes, and I felt a bit annoyed about it. So I tapped on myself quietly as we drove up to her beautiful farm:

Even though:

life springs situations in my face
and I have no control over them
and though I feel uncomfortable and self-conscious
I deeply and completely accept myself and
I choose to be OK just as I am, anywhere

Even though:

I feel angry at Elle
for not letting me change my clothes
and I let her boss me around
and I feel angry at allowing that

and I feel coerced
I deeply and completely accept myself and
I choose to be OK with it,
recognizing that I could have insisted on doing so
and that I chose not to
and I choose to be OK just as I am, anywhere

That felt better! And we had a really wonderful visit.

Is this my irritation?

A week later, Freda and I were preparing for the housewarming party for the new house we were moving into. Sue—a good friend and fabulous painter—and I were doing some last minute wall-painting while Freda was helping our other friend, Veronica, in the kitchen. I started feeling very irritated for some reason, but I didn't stop to think about it as I was so busy. It seemed as if I was noticing from a distance that my voice kept having a hard edge to it, and that I felt very snippy.

When everything was all done and it was time to shower and get ready for the party, I took a few minutes out to do some tapping. It occurred to me that since it was Freda's first-ever party in this house, she might be feeling a bit frightened and snappy. So I tapped on:

Even though:

I pick up other peoples' fears and worries
and hold them as if they are my own
I was snippy at Freda as a result
I really had nothing to be irritated about
but was, anyway
and maybe I'm nervous, too!

and it's sometimes hard to forgive myself.
now I'm so tired all I want to do is sleep, not party—
I believe in myself and
I choose to be happy, calm, refreshed and energetic

Then it was time to go out and greet people and take care of the last minute details—like making a fresh green salad and the strawberry/kiwi sauce for the ice cream later—yum! Felt much better then.

For the sweets lovers -

There is a traditional dessert here in New Zealand called Pavlova. There's some dispute between the Aussies and the Kiwis as to who really invented it, but we'll let that one lie....

It's a hardish, meringue crust shaped like a 2-layered cake, filled with a lighter fluffier, sweet meringue. You top it with whipped cream and (usually) a fruit sauce. We put whipped home-made cream and my special strawberry/kiwi sauce on it, and served it with vanilla ice cream. Luscious!

I hadn't had ice cream for almost a year, and I really enjoyed eating it. Trouble was, later on my whole body hurt, especially where the glands under my jaw are. I felt swollen, heavy, and disgusted with myself. I had to do some heavy duty tapping to get the pain down. I tapped:

Even though:

I can't handle creamy stuff
it makes me swell up like a balloon
I feel all clogged up and
I feel guilty and disgusted with myself

that I hurt my body
I deeply and completely forgive and accept myself and
I choose to be pain free
and to make healthier choices

Sorry, body! I saw that I believed that it was difficult for me to
be at a party and make healthy choices:

Even though:

I can't resist the goodies at a party
I deeply and completely accept myself and
I choose to choose healthy choices
even in the face of sweets and yummy desserts
I allow myself some goodies,
and keep from over-indulging.

Whew! Writing that made me sweat. Wonder what's under that?
Felt like about a 7. Had to take off my sweater.

Even though:

I'm sweating just thinking about giving up sweets
I deeply and completely accept myself and
I choose to be healthy no matter what

Even though:

I really don't want to resist sweets and goodies
I deeply and completely accept myself and
I choose to choose otherwise anyway

Even though:

I feel deprived by choosing only healthy food
I deeply and completely accept myself and
I choose to let go of my desire and need for sweets

Better. Down to a zero. No more sweating.

I wondered if I simply said, "Well, yes, you can have that, but do you really want it right now? Yes, you can have that, any time, actually, but do you want to face the consequences? Yes, you can have that, but what are you feeling that you want to not-feel?"

That's it!

What is it that I don't want to feel? What is it that wants me to fill the gap between how I don't want to feel and what is really happening inside of me with desserts and sweets?

Why would I want to make myself sick with a substance that my system doesn't like?

Do I do it so I don't have to feel something? Must be something scary, or bigger than I want to face. I tapped more:

Even though:

I don't want to feel whatever this is
and I reach for sweets instead
and I use sweets to make myself not-feel,
and to be numb
and to jump over the feelings
I deeply and completely accept myself and
I choose to let it go
and make healthy choices instead

Even though:

I don't know what these feelings are
that I don't want to feel

and it seems impossible to catch myself
before I reach for the sweets
and sometimes I don't even want to
I deeply and completely accept myself and
I choose to remember to choose EFT
rather than reaching for sweets

Even though:

I'm eating on automatic and
don't really want these things
I deeply and completely accept myself and
I choose to know I can have them anytime
and say no if I want

Ahhhhh! Feels great now. And I'll continue with the food tapping in the next story, because it's related to what we just tapped on above.

Sneak!

Bruce said he used to sneak sweets all the time when he was a kid. His mother always kept a stash of chocolate chips, and he'd go in and take handfuls. No-one else was around, and most times he felt all alone and lonely.

His mother spent a good amount of time away working at her garden shop, and Bruce came home from school to an empty house. It was then that he started gorging extra food.

It wasn't always sweets—sometimes he'd make enormous piles of food in exotic combinations and concoctions, and eat the whole lot. Talk about stuffing yourself!

It'd make him feel so groggy that he'd go out in the woods to his secret spot and take a nap, instead of doing his homework.

"Hell," he figured, "I'd been at school all day—who wants to do more schoolwork at home?" We tapped on:

Even though:

I use food to keep from feeling lonely
I deeply and completely accept myself and
I choose to be OK with myself at all times

Shame

Choosing to be OK with himself was a completely new choice for Bruce, who had always felt such shame about his body and how heavy he was. We tapped on that, too:

Even though:

I feel such shame for my body and myself
I hate my body, how it feels and how it looks
I deeply and completely want to accept myself and
I want to forgive myself and my mother
I don't know if I can, but I want to

He was very angry, feeling as if she had deserted him. He felt abandoned, unsafe—and he missed her, too, since she was deceased.

Even though:

she left me all alone and
I feel unloved and angry
how could she just leave me?
I felt nervous and unsafe and

I really missed my Mom's company
I deeply and completely accept myself, and
I choose to understand and forgive myself
and my mother

After tapping on his anger, he realized that, since she was a single mom, it was a hard choice for her—to either not make the money they needed to live on and be with Bruce, or work and leave him to fend for himself. Now that his anger energy was released he was able to forgive both her and himself for having misunderstood.

He also saw something completely new: that she had trusted him to be on his own without worrying about him either getting hurt or in trouble. He hadn't thought of that before, and it gave him a depth of pride and satisfaction he'd never experienced.

**We always have choice, even if it means
we choose not to choose.**

Keep saying, "I Choose!"



The end of EFT Basics Your Beginning

By now you've tapped your way through this book (right?!?) and have gained an excellent understanding of the basics of EFT. Congratulations—you've made a great beginning! Now it's time to go on to *Change Your Mind! with EFT, Advanced*, (at EFTBooks.com) for more advanced tapping points and techniques. Go for it!

I hope you've enjoyed getting to know how to use EFT. You'll love going into it on deeper levels—it's even more amazing.

My sincerest and most heart-filled thanks to Freda for putting up with my spending hours and hours in front of this computer, only coming out to eat, bathe and go teach my classes—I wasn't much fun, but look what came of it!

And a million million thanks to all the wonderful people who were so good to me during my time in New Zealand as I worked, taught, and wrote and illustrated this and other books—your brilliant love made it all possible.

And thanks to you, Kind Reader, for buying and reading this book! My very best best best to you, always, in all ways, and may your experience with EFT be phenomenal!

Aloha nui loa (the best love)

Angela Treat Lyon

About the Author

❖ Angela Treat Lyon ❖

is an award-winning, internationally recognized artist, author and coach who lives and works in Hawaii.



Angela Treat Lyon has extensive training in multiple alternative healing methods and technologies; is an Avatar Master; and holds EFT trainings in the US and abroad.

Angela is also Host and Producer of Daring Dreamers Radio at IDareYouRadio.com, intended for people who want inspiration and encouragement for following their deepest dreams.

Her site, EFTBooks.com, is loaded with her EFT books, audios, courses & other EFT goodies.

Send your friends, family, co-workers and EFT clients here: EFTinEveryHome.com. You know they'd love to get similar great results to the ones you're getting with EFT, so you can easily turn them on to EFT at this site! They get a FREE real-time demo sample of using EFT, as well as other EFT resources.

Angela's unique original, contemporary oil paintings, drawings, bronze and stone sculptures are exhibited in private collections and galleries across the planet. See AngelaTreatLyonART.com.

More of her books are at AngelaTreatLyonBOOKS.com, and you can find her coloring books for kids and adults at ColoringBookQueen.com.

Remember:



EFT is the Key!

IMAGINE BEING FREE FROM PAIN

Your use of EFT, the Emotional Freedom techniques, will help you get relief from, and possibly even eliminate limiting thoughts, beliefs, obstacles and old destructive habits that have kept you from creating and living the fullest life possible. Your life can become easier, you'll feel happier and more free. This book is the beginning of your new life!

You will discover how to:

- Relieve migraines & stop headaches from stopping you
- Clear out & neutralize old nightmares, unwanted memories, fear, pain and resentment that you've carried for years
- Get relief from physical, emotional and mental pain & upset
- Make new choices; find better opportunities more easily
- Create the life YOU want to live

"I really love *Change Your Mind with EFT!* I love how you make EFT so easy to learn and fun to use. Of all the books I've seen on EFT, yours is by far the BEST!"

~ EFT Master Lindsay Kenny, Founder, ProEFTInstitute

Angela Treat Lyon has helped thousands of people to move away from fear, depression, anger & frustration into exciting new choices, passion and delight in life. She has written & published numerous EFT books; delivered hundreds of EFT teleclasses, audio MP3s and EFT courses worldwide, and is recognized internationally as a leading authority on EFT.

After years of pain, fear & frustration, you'll be so excited when this unique system helps you make the changes you've wanted for so long.

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